FARM-TO-TABLE THANKSGIVING

# EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

DECEMBER 2013

## 53 EASY DELICIOUS HOLIDAY RECIPES

**Wow Your Guests** WITH **Effortless Sides**

**TASTY DIY GIFTS**

**Stay Trim** **Without Even Trying**

**Dine Out** AT HOME **Italian, Chinese & Mexican**

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Christmas Morning **Cinnamon Rolls**

# Cranberry Season!

- *Top a Cheesecake!*
- *Glaze Turkey Breast!*
- *Make the Best Sauce, Ever!*

**WIN $2,500 HOLIDAY SWEEPSTAKES**

PAGE 109

"I know, let's have a cuddle marathon."

TRASH
BAKE & YOU SHALL RECEIVE
DiamondNutFantasies.com
DIAMOND
OF CALIFORNIA

# MY DEAREST WISCONSIN CHEESE,

YOU ARE MY FRIEND. MY ROCK. YOU TURNED THIS ORDINARY SPUD INTO A SHINING STAR. YOU ELEVATED ME FROM A HUMBLE SIDEKICK TO "PLEASE PASS THE POTATOES."

Truly and Lovingly.
~POTATO

WISCONSIN CHEESE

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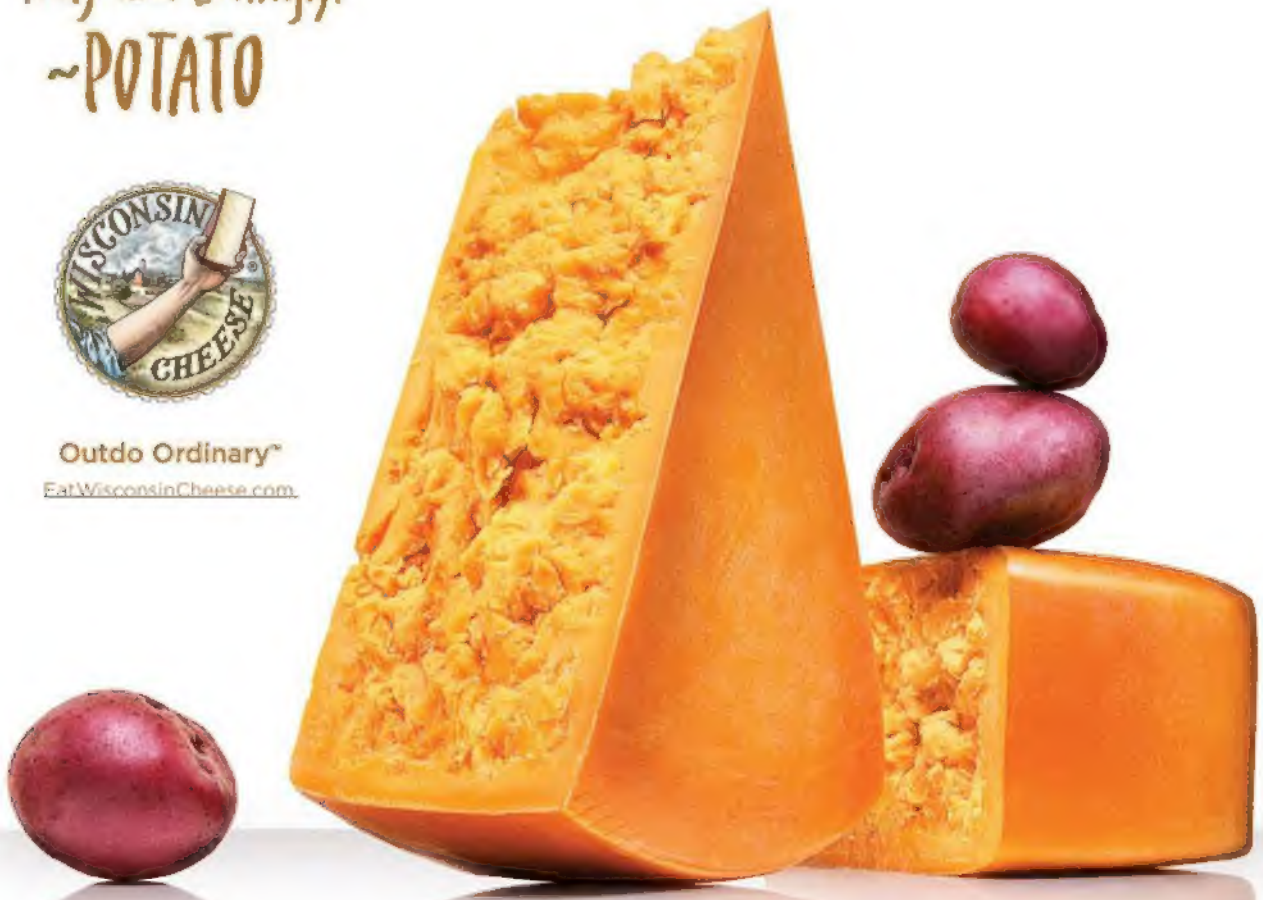
EatWisconsinCheese.com



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**By the EatingWell Test Kitchen**

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**By Carolyn Malcoun**

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This year, make naturally decorated cookies that are better, healthier and more beautiful than ever!
**By Nancy Baggett**


**Cover photo:** Jim Westphalen; stylist: Claudia Venon; cranberries: *vermontcranberry.com*

ANDREW SCRIVANI

# Recipe Index

**53 recipes for the holidays, vegetable sides, cranberries, galettes, mashed potatoes and cookies galore.**

## How We Test Recipes

Each of our recipes is tested in the *Eating Well* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

## How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on eatingwell.com.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (*see Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

## Key to Icons*

Icons (or colors) identify recipes that are most appropriate for certain eating goals. A recipe marked...

- ¢ **[Budget Entree]** costs less than $3 per serving.
- ⏱ is ready to eat in 45 minutes or less.
- Gluten-Free (*see note, above*)
- hXw **[Healthy Weight]** has reduced calories and limited saturated fat.
- h↑f **[High Fiber]** provides significant total fiber.
- h♥h **[Healthy Heart]** has limited saturated fat.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit eatingwell.com/go/guidelines.

## How We Price Recipes

- Costs for ingredients come from safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of fall 2013.

**More Great Recipes**
Go to eatingwell.com/recipes

| PAGE | | | RECIPE | hw | hf | hh | DAILY VALUE (DV) CALORIES DV: 2,000 | FAT/SAT (g) DV: <65/20 | CARBS (g) DV: 300 | FIBER (g) DV: 25 | SODIUM (mg) DV: <2,400 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | **BREAKFAST** | | | | | | | | |
| 88 | | | Cranberry-Pecan Cinnamon Rolls | | | | 219 | 10 / 4 | 31 | 2 | 280 |
| | | | **STARTERS** | | | | | | | | |
| 60 | ⏱ | | Maryland Oyster Stew | | | | 147 | 9 / 5 | 11 | 1 | 250 |
| 24 | ⏱ | | Smoked Salmon Appetizer Platter (*without bread*) | | | | 98 | 4 / 1 | 7 | 1 | 338 |
| 24 | ⏱ | | Dill Mustard Sauce (*per tablespoon*) | | | | 40 | 4 / 0 | 2 | 0 | 73 |
| 24 | ⏱ | | Herb Cream Cheese (*per tablespoon*) | | | | 20 | 1 / 1 | 1 | 0 | 63 |
| | | | **VEGETARIAN** | | | | | | | | |
| 73 | | ¢ | Cabbage & Mushroom Galette | | ↑ | | 359 | 19 / 7 | 38 | 7 | 577 |
| 75 | | ¢ | Galette with Kabocha Squash & Kale | | ↑ | | 423 | 23 / 7 | 47 | 6 | 610 |
| 34 | ⏱ | ¢ | Vegetarian Tikka Masala | X | | ♥ | 232 | 14 / 3 | 17 | 4 | 605 |
| | | | **POULTRY** | | | | | | | | |
| 56 | | | Bay-Spiced Roast Turkey | X | | ♥ | 189 | 5 / 1 | 6 | 1 | 416 |
| 47 | ⏱ | ¢ | Buffalo Chicken Sandwich | | ↑ | | 468 | 22 / 6 | 37 | 6 | 700 |
| 36 | ⏱ | ¢ | Chicken Sausage Calzone | X | | | 415 | 20 / 6 | 39 | 2 | 667 |
| 46 | ⏱ | ¢ | Chicken Thighs with Couscous & Kale | X | | ♥ | 414 | 16 / 3 | 38 | 4 | 517 |
| 86 | | | Cranberry Glazed Turkey Breast with Wild Rice Pilaf | | ↑ | ♥ | 491 | 13 / 2 | 56 | 5 | 363 |
| 44 | ⏱ | ¢ | Easy Miso-Chicken Ramen | X | ↑ | ♥ | 383 | 16 / 3 | 33 | 7 | 729 |
| 36 | ⏱ | ¢ | General Tso's Chicken | X | | ♥ | 364 | 19 / 3 | 20 | 2 | 524 |
| 48 | ⏱ | ¢ | Prosciutto-Wrapped Chicken with Mushroom Marsala Sauce (*+ variation for 2*) | X | | ♥ | 310 | 15 / 3 | 10 | 0 | 588 |
| | | | **MEAT & SEAFOOD** | | | | | | | | |
| 83 | | ¢ | Cranberry-Rosemary Stuffed Pork Loin | X | | ♥ | 181 | 9 / 3 | 6 | 1 | 277 |
| 38 | ⏱ | ¢ | Oven-Fried Beef Taquitos (*+ variation for 2*) | | ↑ | | 456 | 20 / 8 | 39 | 7 | 608 |
| 40 | ⏱ | ¢ | Pad Thai | | | ♥ | 360 | 10 / 2 | 54 | 3 | 729 |
| | | | **SIDES** | | | | | | | | |
| 59 | | | Cauliflower, Romanesco & Broccoli Gratin | | ↑ | | 221 | 12 / 5 | 21 | 3 | 427 |
| 60 | | | Crab Cake Stuffing | X | ↑ | ♥ | 192 | 7 / 2 | 18 | 3 | 452 |
| 67 | ⏱ | | Green Bean Bundles with Garlic Browned Butter | X | ↑ | ♥ | 73 | 5 / 2 | 7 | 3 | 64 |
| 81 | ⏱ | | Orange Cranberry Sauce | X | | ♥ | 89 | 0 / 0 | 23 | 2 | 13 |
| 66 | ⏱ | | Pomegranate Molasses-Glazed Carrots with Pistachios | X | ↑ | ♥ | 119 | 5 / 2 | 17 | 3 | 241 |
| 68 | ⏱ | | Roasted Brussels Sprouts with Pancetta & Sage | X | ↑ | ♥ | 109 | 6 / 2 | 11 | 3 | 289 |
| 62 | ⏱ | | Winter Greens Salad with Squash & Cranberry Vinaigrette | X | ↑ | ♥ | 186 | 13 / 1 | 18 | 6 | 73 |
| | | | **MASHED POTATOES** | | | | | | | | |
| 104 | ⏱ | | Black Pepper & Blue Cheese Mashed Potatoes | X | ↑ | | 196 | 4 / 3 | 34 | 3 | 418 |
| 104 | ⏱ | | Brown Butter Mashed Potatoes | X | ↑ | | 188 | 5 / 3 | 33 | 3 | 261 |
| 104 | ⏱ | | Cheddar, Scallion & Bacon Mashed Potatoes | X | ↑ | ♥ | 196 | 4 / 2 | 34 | 3 | 355 |
| 104 | ⏱ | | Chive & Buttermilk Mashed Potatoes | X | ↑ | ♥ | 151 | 0 / 0 | 34 | 3 | 260 |
| 104 | ⏱ | | Horseradish, Parsley & Sour Cream Mashed Potatoes | X | ↑ | ♥ | 182 | 4 / 2 | 34 | 3 | 260 |
| 104 | ⏱ | | Olive Oil & Herb Mashed Potatoes | X | ↑ | ♥ | 215 | 7 / 1 | 34 | 3 | 298 |
| 104 | | | Roasted Garlic Mashed Potatoes | X | ↑ | ♥ | 193 | 4 / 1 | 36 | 3 | 261 |
| 104 | ⏱ | | Roasted Mushroom Mashed Potatoes | X | ↑ | ♥ | 228 | 8 / 1 | 36 | 3 | 336 |
| 104 | ⏱ | | Rosemary Mashed Potatoes | X | ↑ | ♥ | 172 | 4 / 1 | 33 | 3 | 285 |
| 104 | ⏱ | | Sautéed Leek Mashed Potatoes | X | ↑ | ♥ | 202 | 3 / 2 | 40 | 4 | 269 |
| | | | **HOLIDAY CUT-OUT COOKIES, GINGERBREAD COOKIES & THUMBPRINTS** | | | | | | | | |
| 98 | | | Chocolate Cookie Icing (*per 1 teaspoon*) | | | | 25 | 1 / 1 | 4 | 0 | 2 |
| 92 | | | Chocolate Cookies (*48 undecorated cookies*) | | | | 75 | 3 / 1 | 11 | 1 | 36 |
| 92 | | | Gingerbread Cookies (*36 undecorated cookies*) | | | | 98 | 4 / 1 | 15 | 1 | 35 |
| 98 | | | Natural Cookie Icing (*per 1 teaspoon*) | | | | 21 | 0 / 0 | 5 | 0 | 4 |
| 96 | | | Natural Decorating Sugar (*per ¼ teaspoon*) | | | | 7 | 0 / 0 | 2 | 0 | 0 |
| 92 | | | Sugar Cookies (*36 undecorated cookies*) | | | | 87 | 4 / 1 | 13 | 0 | 39 |
| | | | **DESSERTS & TREATS** | | | | | | | | |
| 50 | | | Cashew & 3-Seed Chocolate Bark | | | | 59 | 4 / 2 | 7 | 1 | 14 |
| 76 | | | Chocolate-Almond Galette with Caramel Hazelnuts | | ↑ | | 281 | 17 / 5 | 28 | 3 | 203 |
| 84 | | | Cranberry Bundt Cake | | ↑ | | 330 | 11 / 3 | 53 | 3 | 148 |
| 85 | | | Cranberry-Lime Cheesecake | | | | 318 | 15 / 7 | 36 | 1 | 349 |
| 50 | | | Papaya & Chile Chocolate Bark | | | | 48 | 3 / 2 | 7 | 1 | 2 |
| 76 | | | Pear & Apple Galette | | ↑ | | 325 | 9 / 3 | 58 | 4 | 188 |
| 50 | | | Peppermint Mocha Chocolate Bark | | | | 60 | 3 / 2 | 10 | 1 | 0 |
| 63 | | | Phyllo-Wrapped Apple Dumplings with Apple Cider Sauce | | ↑ | | 373 | 11 / 3 | 67 | 4 | 187 |
| 50 | | | Salted Caramel Chocolate Bark | | | | 52 | 3 / 2 | 8 | 1 | 20 |
| 50 | | | S'mores Chocolate Bark | | | | 50 | 3 / 2 | 8 | 1 | 7 |
| 50 | | | Trail Mix Chocolate Bark | | | | 63 | 4 / 2 | 9 | 1 | 14 |

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# HOLIDAY MENUS

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### WINE PAIRINGS

**Steininger Grüner Veltliner 'Grand Gru,'** Austria 2011 ($23)
**Santa Barbara Winery Chardonnay,** California 2012 ($17)
**Bethel Heights Estate Pinot Noir,** Oregon 2010 ($28)
**Pierre-Marie Chermette Fleurie Poncié,** France 2011 ($24)

## GLUTEN-FREE THANKSGIVING

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104 Cheddar, Scallion & Bacon Mashed Potatoes

❖ Riesling Baked Pears

## HANUKKAH

❖ Temple Emanu-El Brisket

❖ Crispy Potato Latkes

❖ Kale Salad with Preserved Lemon & Walnuts

❖ Flourless Honey-Almond Cake

## CHRISTMAS

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❖ Bold Winter Greens Salad

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76 Chocolate-Almond Galette with Caramel Hazelnuts

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❖ Spiced Spanish Almonds

❖ Roasted Vegetable Antipasto

24 Smoked Salmon Appetizer Platter

❖ Roasted Beet Crostini

92 Chocolate Thumbprints

92 Cut-Out Sugar Cookies

*❖ indicates recipes found on eatingwell.com; page numbers are given for recipes in this issue.*

**Our Gift to You** Get shopping lists and a mini cookbook of the recipes in each menu at **eatingwell.com/go/holidays**

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**Holley Grainger, M.S., R.D.**
Nutritionist

Holley Grainger is a nationally recognized lifestyle, culinary and nutrition expert. She has instructed millions of home cooks on how to make healthy, family-friendly meals. Grainger understands the temptation to overindulge during the holidays. When writing "Stay Trim This Season (Without Even Trying)," page 28, she wanted to share practical, calorie-saving advice without making readers feel that a "nutrition nanny" was standing over their shoulders.

**Leigh Beisch**
Photographer

Award-winning food photographer Leigh Beisch studied painting and photography. After opening her studio in San Francisco, she quickly attracted major clients like Williams-Sonoma. "My work as a painter influences my photography," says Beisch, who shot "Galettes for All" (page 70), delectable pastries that each look as gorgeous as a painting. "Color, shape, texture and the boundaries of the frame are subjects in and of themselves and I try to capture an emotional response to the subject and the setting, as much as abstract paintings do."

**Nancy Baggett**
Cookbook Author

Nancy Baggett's latest work is the International Association of Culinary Professionals' 2013 "Best Baking Book" nominee *Simply Sensational Cookies*. She has also written two other best-selling cookie books. Her mother taught her to make cookies when she was 5, and she introduced her grandchildren to cookie baking when they were still toddlers—so writing "A New Cookie Tradition" (page 90) was a natural. "We bake together often, so I had to come up with fun, easy decorating techniques that skipped all the artificial colors and dyes," she says.


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### Better Green Bean Casserole

Editor Jessie Price shares secrets to make healthier green bean casserole that's as tasty as the original at *eatingwell.com/go/greenbean*

### Bake Gorgeous Christmas Cookies

Join us daily on *facebook.com/eatingwell* from December 7 to 13 as we share our best recipes and tips for delicious, beautiful holiday cookies.

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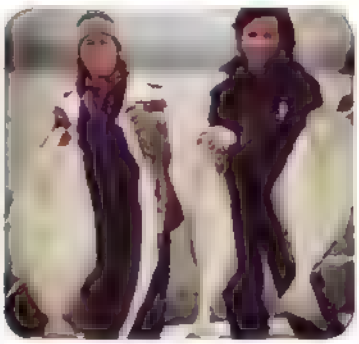

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See behind-the-scenes photos, like Test Kitchen manager Stacy Fraser (*left*) fishing in Alaska with Mandy Oaklander, *Prevention* senior writer. Share your pictures with hashtag #eatingwell and follow us at *Instagram.com/eatingwell*

### Win This Mixer!

Enter our daily sweeps at **eatingwell.com/WinMixer** on November 22 when this mixer is the prize of the day. (Use it for our cookie recipes, page 90, and mashed potatoes, page 103!) Details on page 109.

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# Dear Subaru,

"When we needed to get away, my wife and I found a 600,000-acre park to camp in. We pulled off the road and cruised the desert in our Outback. After two days off the grid we were rejuvenated. It's good to have that option." – Lukas and Pippi B., Pasadena, CA.

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## feedback

Send your comments to editor@eatingwell.com.

### Love for Labels

As a registered nurse, I believe Rachael Moeller Gorman did an excellent job featuring the mistruths contained in the labels of many foods we eat ["The Truth About Food Labels"]. I truly learned a lot. Armed with this new information, I can't wait to go to the store to see if I'm being fooled by some of my choices. Thank you for such an interesting article. ***—Pam Herbold,*** *Indianapolis, IN*

### Chile Burn

While I was thrilled to read Daniel Duane's article ["Chileman & The Pope of Peppers"], it's distressing to see the vibrant community in which we live maligned: "La Posta, an old-timey Tex-Mex restaurant," "bleak little Las Cruces," "abject desert." La Posta is not a Tex-Mex restaurant. The restaurant offers many traditional "New Mexico" Mexican dishes. The Chihuahuan Desert is full of flowers, and the Organ Mountains show their purple-mountain majesty every evening.

***—Jennifer Huntsberger,*** *Las Cruces, NM*

### Weighing In on Protein

In the October issue, the response to "How much protein should I be eating?" [*Ask Brierley*] was disconcerting: "The Institute of Medicine (IOM) recommends women get 46 grams daily... Men need 56 grams..." This misrepresents what the IOM said. Its Recommended Daily Allowance is 0.8 gram per kilogram of weight per day. Saying that men require 56 grams and women 46 grams would indicate that the man weighs 150 pounds (70 kg) and the woman 126 pounds (57.5 kg). Neither of these are what the average person weighs in the United States.

***—Donald Jessop*** *via email*

***Editors' reply:*** *Yes, the RDA for protein is based on the guidance that the average adult needs 0.8 gram of protein per kilogram of body weight per day. But the specific RDA for women to get 46 grams per day and men to have 56 grams per day was developed by the IOM to be sufficient to meet the nutrient requirements of nearly all healthy adults.*

### Too Great to Recycle

How may I obtain a past issue? I had a copy, and it accidently got mixed up in my recycling. I want to keep that issue [July/August]. We made the green beans and potato dish and the blueberry dessert, and man oh man, it was so good

***—Nancy Persin,*** *Darien, IL*

***Editors' reply:*** *No worries! You can buy back issues at* eatingwell.com/shop

### Juicing Without Waste

Kudos for featuring Tristram Stuart and "Think.Eat.Save." [*Good*]—a real eye opener. Regarding your juicing recipes: I would have liked to see a section about what to do with the leftover pulp, including composting. ***—Paula Zevin,*** *New Jersey*

***Editors' reply:*** *Try adding pulps to foods. We tested and liked pulp from our Tomato-Vegetable Juice in Cowboy Beef & Bean Chili and Green Juice pulp in EatingWell Zucchini Bread. Learn more at* eatingwell.com/go/juicepulp

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# Purple Reigns

**Produce with this vibrant hue offers a rainbow of benefits**

"Only humans and birds have color vision," notes David Heber, director of UCLA's Center for Human Nutrition. He believes the ability to see color probably evolved as a way for us to better see—and eat—the bounty of colorful fruits and veggies. Lucky us!

Colors don't just make food pretty: they're a sign of nutritional power. And purple is mighty. This royal shade comes from anthocyanins—disease-fighting antioxidants. The pigment produces red, blue and violet foods, depending on the type of anthocyanin (there are hundreds).

"The deeper the red-purple, the higher the anthocyanin concentration," explains Heber, author of *What Color Is Your Diet?* Purple potatoes, for example, have antioxidant levels equal to kale and spinach. There's plenty of evidence to support the power of purple: Research on anthocyanins indicates they may be effective in preventing certain cancers, reducing the risk of heart disease and Parkinson's and improving eyesight. According to a study at the University of Scranton in Pennsylvania, a group of obese people with high blood pressure eating two servings of steamed purple potatoes a day significantly lowered their blood pressure by about 4 percent (6 points) after a month—making those potatoes almost as effective as oatmeal.

Beyond grocery staples like red cabbage, plums and eggplants, a cornucopia of indigo-hued produce is now available, including purple asparagus, baby artichokes, Brussels sprouts, carrots, cauliflower, kohlrabi, peppers, potatoes, tomatoes and wax beans—making it easier than ever to color your diet healthy.

*—Gretel H. Schueller*

## Peel On

For eating purposes, the purple power is only in the skin. When fresh, kohlrabi is tender enough to eat skin and all. Try it sliced in a salad.

## Sweet Rewards

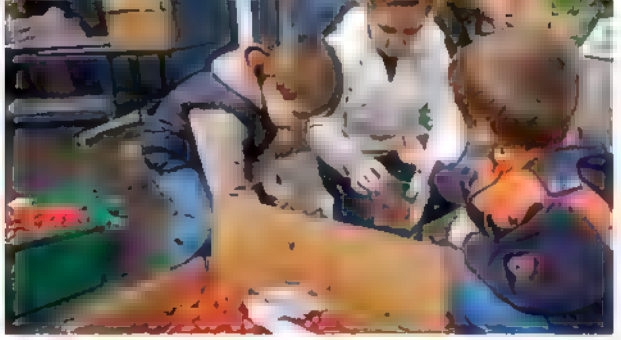
Purple sweet potatoes contain compounds that can help improve memory, prevent blood sugar spikes and appear to break down fat cells, according to recent studies.

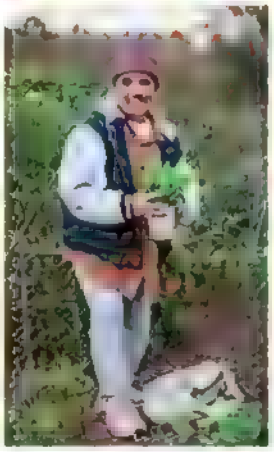
See How to [illegible] Purple Meal[illegible]

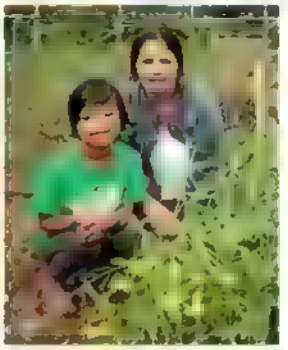
# Hungry for Change

HOW WE CAN HELP GO[illegible]BLE FOR EVERYONE

BY GRETEL H. SCHUELLER







**Fresh Access** *Far left & top:* RFH delivers surplus crops to food banks *Above:* Many refugees in the Global Growers Network were farmers in their rural homelands.

Hunger in this country is much more prevalent than people think," says Mariana Chilton, director of the Center for Hunger-Free Communities at Drexel University's School of Public Health. About 50 million people in the United States don't always know where their next meal is coming from, including 8.3 million children. During this season of food-filled holidays, it's a fitting time to consider those less fortunate.

"There's not a single congressional district in this country that doesn't have food insecurity," Chilton states. More accurate than *hungry*, "food insecurity" describes the lack of access to enough food for a healthy life, which, over time, can take a toll, especially on children. "We see an impact on growth, on emotional and cognitive development, increased infections, more hospitalizations, increased anemia." The issue can seem daunting, but we can all help.

**MAKE A DIFFERENCE**

- See how your legislators rate on good food policy at *foodpolicyaction.org*. Get them to support threatened food-assistance programs like SNAP, which research has linked to better child health and development.
- Learn about people struggling with hunger in your community and the food banks that serve them at *FeedingAmerica.org*, which also provides you with opportunities to donate and volunteer.

**23.5M**
Number of Americans who live in low-income areas that are more than a mile from a supermarket.

**$191**
Amount it costs to healthfully feed a family of four per week, according to the USDA.

## Connecting real people with real food

In the Atlanta suburbs, some 230 refugee families, from Burma to Bhutan to Burundi, are part of the **Global Growers Network**, a nonprofit that helps people who have been forced to flee their countries. On farms and community gardens, members grow crops to feed their families—almost all are food-insecure and live below the poverty line. More than 1,100 people are fed through the project. Many support themselves by selling at farmers' markets. "Working with people from over 13 countries, we share the best of each culture," says founder Susan Pavlin.

For more than 20 years, **The Food Trust** has been making nutritious food available to people in low-income areas across the country, places typically lacking access to fresh produce. Studies show that people who live farther away from supermarkets have greater rates of diabetes and other diet-related health issues. Conversely, people who live closer to them eat more produce. The organization increases fresh-food access by getting farmers' markets into poor neighborhoods, leading nutrition classes and working with 650 corner stores to increase healthy offerings.

Food banks don't typically offer fresh fruits and vegetables. The volunteers of **Rotary First Harvest** (RFH) glean unharvested crops from farms and deliver them to food banks across Washington State. In 2012, RFH distributed 9 million pounds of produce. "It's important because vulnerable populations need access to healthy food, particularly produce," says Benjamin Rasmus, program director.

When the dining halls at the University of Maryland, College Park, close each day, students arrive to collect food that would otherwise be thrown out and take it to local food banks. Founded in 2011 by three students, the **Food Recovery Network** has since grown to more than 12 campus chapters across the country. It turns out that colleges produce—and waste—a lot of food. The organization distributed more than 166,000 pounds of food in its first two years.

**More Ways to Fight Hunger** Meet 6 inspiring people who are fighting hunger at **eatingwell.com/go/hunger**

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# Spice Up Your Health

As the mercury drops, what better way to add warmth than by spicing up your favorite cold-weather foods. Apple pie wouldn't be the same without cinnamon; spicy ginger punches up soups; zippy black pepper jazzes up roasts and aromatic vanilla adds extra oomph to baked goods. Spices do more than just add flavor, they also serve up unique health benefits. —*Karen Asp*

**Black Pepper** The most popular spice in the United States may also be an ally in your battle against holiday weight gain. A substance in black pepper called piperine may help block the formation of new fat cells, according to a recent study on mice from the *Journal of Agricultural and Food Chemistry*.

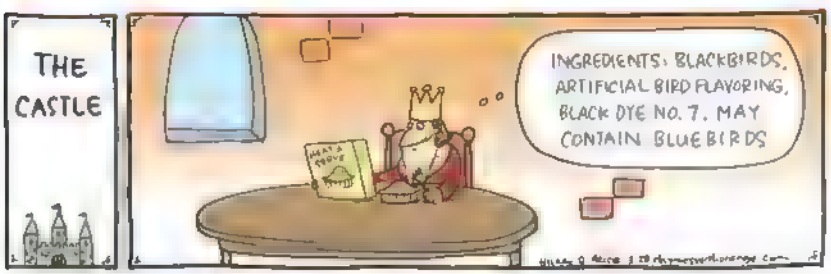
**Cinnamon** If you've hit the trails or gym a little too hard recently, a sprinkle of cinnamon may help you recover faster. Women who ate about 1½ teaspoons of cinnamon (or ground ginger) every day for six weeks experienced a decrease in muscle soreness brought on by exercise, found research from the *International Journal of Preventive Medicine*.

**Ginger** Although you probably know ginger best as a stomach soother, it may also help you feel fuller and even burn more calories. When overweight men ate breakfast with ginger "tea" (powdered ginger dissolved in hot water), they felt more satisfied and ate less throughout the day than men who were given the same breakfast with just hot water, says research in the journal *Metabolism*. Plus, the men who drank ginger tea burned about 40 calories more just digesting their meal.

**Vanilla** There's plenty to love about the flavor that vanilla adds to baked goods. Sniffing that delicious aroma can also help put the brakes on your sweet tooth. Overweight individuals who wore a vanilla-scented patch on the back of their hands for four weeks cut their intake of sweet foods in half (like sugary drinks and high-calorie desserts) while people in the study who wore a lemon-scented patch or no patch showed no change in eating habits. "Vanilla helps offset the pleasure derived from sweet foods," says Catherine Collins, R.D., lead study author and principal dietitian with St. Georges Hospital in London. To get a similar effect and to help you avoid overindulging on holiday sweets, light a vanilla-scented candle in your kitchen or wear a vanilla-infused body spray or perfume.

**A study in the *Journal of Nutrition* found when people ate a rich three-course meal prepared with about 2 tablespoons of spices their triglyceride levels were 30 percent lower than when they noshed the same meal sans spices.**

## Get the Picture?




Topics like farm subsidies, hunger in America and national food policy don't always get the attention they deserve. Enter *EatingWell* advisor Marion Nestle's new book *Eat, Drink, Vote* (Rodale, 2013), which tackles the tough issues of food politics through hundreds of thought-provoking and laugh-inducing cartoons.



Learn more about spices and food safety at **eatingwell.com/go/spicesafety**

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While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease

# Shop Smart: Crackers

Keeping a box or two of crackers on hand is helpful for whipping up a quick appetizer when guests (not always expected) drop by. They're also a staple for an easy snack. Unfortunately, many crackers contain excessive sodium, sugar and unhealthy fats. Here's what to seek out on labels and some brands that meet our criteria. *—Lisa D'Agrosa, M.S., R.D.*

**Check Your Oil** Some crackers list 0 grams of trans fat but are still made with partially hydrogenated oils. Double

**Flavor Trip-Up:** Flavored while can tip

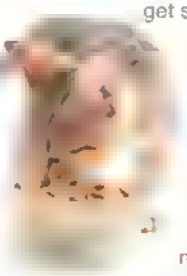
## Numbers to Look For

| Serving Size | About 30g* |
|---|---|
| | *Servings sizes may vary |
| **Amount per serving** | |
| **Saturated Fat** | ≤ 0.5g |
| **Trans Fat** | 0g |
| **Sodium** | < 200mg |
| **Dietary Fiber** | ≥ 2g |
| **Sugars** | ≤ 2g |

**Ingredients to look for:** Healthy oils (olive, canola), whole grains (whole wheat, brown rice, whole rye)

**Watch out for:** Partially hydrogenated oils, cottonseed oil, palm oil, sugar

## "With all the recent pet-food recalls, how do I know if my pet's food is safe?"

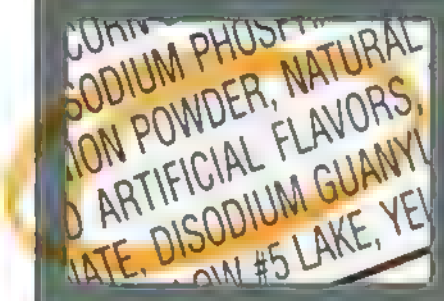


The good thing about the recalls is that it means some companies are proactively checking their food rather than waiting for animals to get sick. The risk of harmful bacteria depends on the kind of pet food. For canned food the high-heat processing kills bacteria that might be present in the meat, so it's not an issue. During the drying, coating and packaging of some dry kibble, it is possible that the kibble may pick up bacteria, but the risk is low. However, several studies have found various bacteria present in raw commercial foods (typically sold frozen)—and at least one study found antibiotic-resistant bacteria. These contaminated foods can pose a health risk, not only to the animal eating them, but also to other animals and people who may come in contact with the food. (Wash your hands after handling any pet food.) The FDA posts all pet food recalls at *fda.gov/AnimalVeterinary/SafetyHealth/Recalls Withdrawals/default.htm.*

**—Dr. Deborah Linder, DVM, DACVN,** *head of Tufts Obesity Clinic for Animals*

SEND YOUR QUESTION about pet nutrition to *askthevet@eatingwell.com*

## Label Watch: Artificial Flavors




**Typically Found In:** Yogurts, cookies, drinks, salad dressings, crackers, ice cream and candies.

**What You Need to Know:** Chemically, artificial flavors and natural flavors are practically identical, although the ingredients come from different sources. Flavors that come from a plant or animal source are labeled as natural, otherwise they are labeled artificial. For example, benzaldehyde, the flavoring component that gives the distinctive almond taste to foods and other products, can be extracted from the nuts or created in the lab by scientists. Both forms are generally recognized as safe (GRAS) by the FDA. *—L.D.*

*COLOR ME GOOD Get recipes for cookies decorated with natural colors on page 90.*

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# Eat Your Way to a Brighter Smile

If your teeth need a little brightening, but you'd prefer to skip whitening treatments, you're in luck. Here are 7 natural remedies for whiter teeth that you may already have in your kitchen —*Jacqueline Lanigan, D.M.D.*

**Foods for Beautiful Skin**
Find out what to eat for smoother, radiant skin at eatingwell.com/go/skin

**Apples** Just chewing on apples helps scrub your teeth. Apples also have a high concentration of malic acid, which is used in some toothpastes. Malic acid increases saliva, which cleans your teeth and helps remove stains, according to a 2013 study conducted at the University of Grenada (Spain).

**Pineapple** Pineapple is the only food that naturally contains bromelain—a compound with anti-inflammatory and cleansing properties. A recent study in the *International Journal of Dental Hygiene* found that bromelain is an effective ingredient in a stain-removing toothpaste.

**Broccoli** Broccoli is high in fiber, and eating lots of fiber helps reduce inflammation in your mouth (along with the rest of your body). Eating crisp raw broccoli can help clean and polish your teeth and, according to research in the *European Journal of Dentistry*, the iron in broccoli has the added benefit of providing a wall of protection for your teeth against the enamel degrading acid that's produced by bacteria. This helps prevent stains *and* cavities.

**Raisins** You may think raisins are bad for your teeth because of their sticky sweetness, but they're actually protective. Research shows that bran cereal with raisins helps clean the mouth faster than the same cereal without raisins. Chewing raisins stimulates saliva, which helps prevent plaque, stains and cavities from developing by neutralizing the acidic environment created by other foods and bacteria in your mouth.

**Cheese** Here's another reason to smile for the camera and "say cheese." Cheese helps keep your teeth strong with minerals, such as calcium and phosphorus, and protein that protects tooth enamel. According to the American Academy of Cosmetic Dentistry, the lactic acid in cheese is also protective against tooth decay. Plus, hard cheeses help clean your teeth by stimulating saliva.

**Water** Drinking water throughout the day promotes saliva production, which in turn helps keep your pearly whites, well—white. Sipping water during and after a meal also helps rinse your mouth of any debris and loose plaque.

**Strawberries** Like apples, strawberries also contain malic acid, and they have the added benefit of ellagitannins, antioxidants that can help reduce stain-attracting bacteria and inflammation in your mouth. And, strawberries' vitamin C can help prevent gum inflammation and periodontal disease

Strawberries can keep teeth whiter because malic acid helps remove stains.

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# The **Simple** Stunner

**Low-effort but high-impact, an appetizer spread of salmon and all the fixings pays off big time for the busy holiday host. It's flexible—lay out everything here or just a few of the elements. We've measured everything for 8 servings, so add or subtract depending on the size of your get-together.**

8 ounces baby potatoes, steamed and sliced

1 cup sliced radishes

Serve 8 ounces of wild Alaskan smoked salmon, lox or gravlax. It's the sustainable choice and, like all salmon, it provides heart-healthy omega-3 fats, which may help keep you cheery!

**Herb Cream Cheese**
Combine 4 ounces reduced-fat cream cheese and ¼ cup each chopped cornichons and snipped chives.
**Makes:** about ¾ cup

■

**Dill Mustard Sauce**
Combine 3 tablespoons Dijon mustard, 2 tablespoons olive oil, 1 tablespoon each honey and cider vinegar and 1½ tablespoons chopped dill.
**Makes:** about ½ cup

2 hard-boiled eggs, sliced

1 cup sliced cucumber

3 tablespoons farmed American caviar

½ red onion, thinly sliced

For healthy cracker picks, turn to page 20

For nutrition info, see recipe index on page 4

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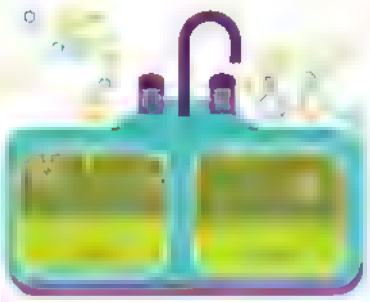
# Worry-Free Entertaining

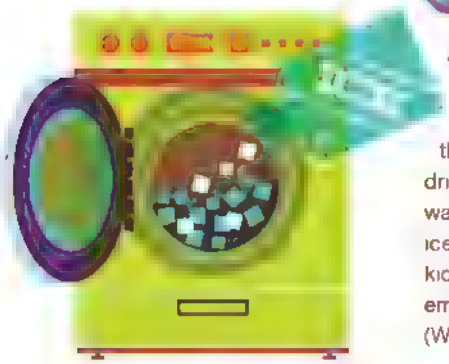
## HOW YOU CAN BE THE DIVA OF DO-AHEAD

Diane Phillips knows how to throw a terrific, stress-free party. "The key to a great party is a relaxed host," she says. How to be a happy host? "Do as much prep ahead of time as you can." Phillips should know. She's catered, taught do-ahead cooking classes and she's written the book on it—actually several—including *Happy Holidays from the Diva of Do-Ahead* and the James Beard Award–nominated *Perfect Party Food*. If holiday entertaining gets you frazzled, here are three of her foolproof tips. —*G.H.S.*

For sit-downs, set the table a day or two ahead, then cover with a sheet. For a grazing party, do a dry run arranging the empty serving platters to make sure they fit the table, then mark the spots with sticky notes. This serves two functions: you know the pieces fit and when someone asks, "May I help you?" you can smile and say, "Would you please put this on the table where the note is?"

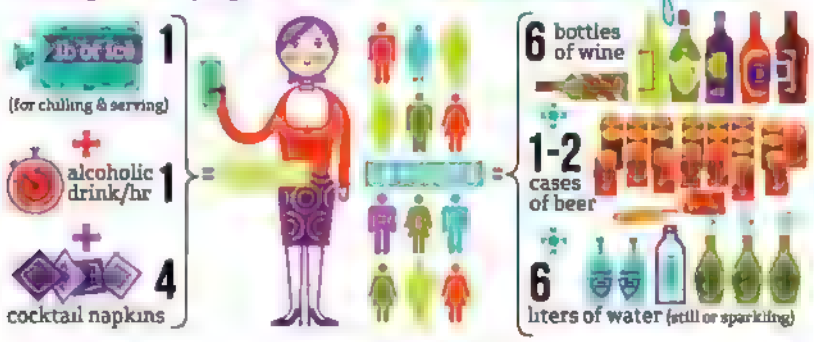


Always start the party with a clean sink and an empty dishwasher and trash can in the kitchen. Nothing is worse than having to take out the garbage during the middle of a party and the sink and dishwasher are great places to hide dirty dishes.



If you have lots of drinks to cool and a full fridge, fill your washing machine with ice the morning of the party and chill in there. Bring drinks out as you need them. The washing machine will drain as the ice melts, and you save yourself from kicking coolers all night or having to empty all the melted ice the next day! (Works with front loaders too.)

## PARTY MATH made simple




**Bonus Entertaining Secrets!** Get more tips at eatingwell.com/go/entertaining

## Ask Brierley

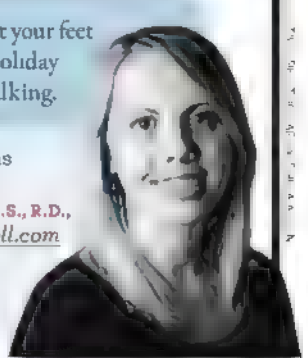
### Q Which is better for digestion after a big meal: taking a walk or drinking a digestif?

No-brainer—walk it out! And that's not just because strutting your stuff will burn some of the calories you ate. Scientists actually put both options to the test.

As its name suggests, drinking a digestif, such as brandy, is meant to help you digest your meal (for the record, an aperitif is drunk before a meal, to whet the appetite). But when researchers compared the digestive effect of digestifs (say that five times fast) to walking, walking won hands down. Pounding pavement—or hoofing it on the treadmill, which is how a small group of men were tested—sped up the rate at which food passed through the participants' stomachs. Drinking a digestif didn't change the rate of digestion. And, unfortunately, neither sipping nor strolling alleviated that I-need-to-unbutton-my-pants feeling after a large meal.

There are other boons to moving after a meal. A brisk walk may help curb your dessert craving: in one study, published in the journal *Appetite*, a 15-minute jaunt helped chocolate lovers cut their usual daily indulgence in half (from 29 grams to 16 grams, or a "fun size" candy bar quantity). Preliminary research, published this summer in *Diabetes Care*, on older adults at risk of developing type 2 diabetes found that a 15-minute walk after each meal tempered blood sugar spikes and lowered risk of developing diabetes. And—pardon the potty talk—being active can help alleviate constipation, a potential side effect of fiber-devoid, decadent fare

**Bottom line:** Put your feet to good use this holiday season and get walking.



Send your questions to Nutrition Editor **Brierley Wright, M.S., R.D.,** at *askus@eatingwell.com*

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# Stay Trim This Season (Without Even Trying!)

**WE REVEAL 10 HOLIDAY CALORIE TRAPS TO AVOID SO YOU CAN SPLURGE WHEN IT COUNTS**

**BY HOLLEY GRAINGER, M.S., R.D.**

The holiday season is a whirlwind of parties and happy hours. Every event may seem like an excuse to splurge, but the consequence just might be the worst kind of post-party affliction: the food hangover. Whether you're hosting or attending, these 10 tips to **save 2,733 calories** are so easy you won't even miss that extra scoop of creamy dip.

*Attending a party? See page 30.*

**1 Create a food-free space for your guests to mingle.** Research shows that the proximity and visibility of food increases your chance of eating that food. Keeping the candy bowl or cookie plate in the other room will help you save at least **100 calories** per handful or nibble (what you'd get from an iced holiday cookie or a small handful of chocolate candies).

**2 Set the table for guests' success by offering low-calorie foods first.** Science suggests that when you're hungry, you're more likely to choose and overeat starchy foods. Start the meal with a brothy soup or a salad so you fill up on something light and have less room for starchy, buttered rolls to slash **175 calories**.

**3 Soften the lights and music to help guests cut their caloric intake.** A new study published in *Psychological Reports* found that a relaxed environment increases satisfaction and decreases consumption by around 18 percent or roughly **175 calories**.

**4 Downsize serving bowls for family-style meals from large to medium.** One study found that people helping themselves from a large bowl served 77 percent more food than those using a medium-size bowl. Serve up mashed potatoes family-style from a medium bowl and guests will serve themselves **365 fewer calories**

**5 Set the bar with tall, skinny highball glasses instead of short, wide tumblers.** In a recent study of college students, as much as 30 percent more liquor was poured into tumblers than highball glasses. No skinny glasses? Premix drinks for guests or provide a measured shot glass (1½ ounces) to help them keep track of their liquor intake and eliminate up to **30 unwanted calories** (about ½ ounce) per drink.

GARY NEILAND

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WHEN YOU'RE ATTENDING A PARTY

*Hosting a party? See page 28.*

**1 Rest up the night before a holiday fête by getting at least seven hours of sleep.** A recent study found that after a short night's sleep adults ate about an extra **300 calories** and tended to choose higher-fat, higher-calorie foods. When women lack sleep they may feel less full after eating, while men tend to have an increased appetite. By getting your zzzs, you'll save calories and make healthier choices.

**2 Choose your first buffet picks wisely.** Research suggests that you'll consume the largest quantity of the foods you eat first, so set yourself up for success by starting with something low-calorie. Try fresh veggies and hummus over chips and creamy dip to save **120 calories** per serving.

**3 Count 1-2-3 when pouring yourself a glass of wine, to get an estimated 5-ounce serving.** Don't rely on just filling up a glass halfway, since many glasses are half full with 10 ounces of wine, which quickly turns that **125-calorie** glass into a 250-calorie one

**4 Downsize your plate to trick your brain into thinking you are eating more.** According to the Calorie Control Council, the average number of calories eaten at a holiday dinner is a shocking 3,000, and that doesn't count pre-dinner snacking. Use an appetizer or salad plate instead of a dinner plate and eat 40 percent less, cutting **1,200 calories.**

**5 Take smaller sips and bites to trick your brain into eating 30 percent fewer calories.** Studies find that when you take nibbles, chew your food longer and eat slower, your brain thinks you've eaten more. So nibble, don't gobble, that pecan pie: by taking smaller bites and chewing more, you'll naturally eat less—saving around **143 calories** per serving.

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weeknights 34
Takeout Makeovers
4 ways 42
Boneless Chicken Thighs
see it, make it 50
Chocolate Bark

# healthy in a hurry

## Great ideas for meals in minutes!

Recipe on page 36.

# Takeout Makeovers

## 5 healthy quick-as-takeout dinners for busy nights

What are you in the mood for tonight—Italian? Mexican? Chinese? Hold the phone! Takeout is tempting, but instead of ordering out (again) you can make a tastier, healthier dinner that will satisfy your craving *and* be ready in the same amount of time it would take to find the restaurant menu, decide what everyone wants, dial, order and wait.

You may be skeptical that it can *really* be faster to cook than call. Believe it: our Test Kitchen has developed recipes for five takeout favorites that are ready in 45 minutes—some deliver in under 30.

For a night when you're craving Indian food, there's a spice-happy Vegetarian Tikka Masala, warming and satisfying, to serve with rice. (Takeout Tikka has as much as 17 grams of saturated fat per serving; ours has 3 grams.) Or make your own General Tso's Chicken. All it takes is 30 minutes and a wok to reproduce this must-order dish of saucy chicken and snow peas—with half as much sodium as the #16 from your neighborhood joint.

Just download our handy shopping list and you'll have everything you need to ignore those takeout menus and delight your family with our easy makeovers instead. *—Wendy Ruopp*

**Print a Shopping List!** Get a printable shopping list for this week of meals at **eatingwell.com/go/weeknights**

## Vegetarian Tikka Masala h×w h♥h

**Makes:** 5 servings, 1⅔ cups each
**Active time:** 35 minutes **Total:** 35 minutes
**Cost per serving:** under $2.50

*We stas · 1 1 · · 1*
*quick · 1*

- 3 tablespoons garam masala (*see Tip, page 110*)
- 1 teaspoon ground turmeric
- ¾ teaspoon salt
- ¼ teaspoon crushed red pepper (optional)
- 2 14-ounce packages extra-firm *or* firm tofu
- 1 tablespoon canola oil plus 2 teaspoons, divided
- 1 large onion, halved and sliced
- 1 large red bell pepper, quartered and sliced
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 tablespoon flour
- 1 28-ounce can diced tomatoes
- ⅓ cup half-and-half

1. Combine garam masala, turmeric, salt and crushed red pepper (if using) in a small bowl. Cut tofu into 1 inch cubes and blot dry with paper towels. Toss the tofu in a medium bowl with 1 tablespoon of the spice mixture.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the tofu and cook, stirring every 2 minutes, until browned, 8 to 10 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons oil, onion, bell pepper, ginger and garlic and cook, stirring often, until starting to brown, 5 to 7 minutes. Add flour and the remaining spice mix; stir until fragrant and coated, about 1 minute. Add tomatoes, bring to a simmer and cook, stirring often, until the vegetables are tender, 3 to 5 minutes more.
4. Return the tofu to the pan; cook, stirring, until heated through, about 2 minutes. Remove from heat and stir in half-and-half.

**Per serving:** 232 calories; 14 g fat (3 g sat, 5 g mono); 6 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 16 g protein; 4 g fiber; 605 mg sodium; 690 mg potassium. **Nutrition bonus:** Vitamin C (100% daily value), Calcium (40% dv), Iron (26% dv).

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30-MINUTE
# tuesday

## General Tso's Chicken h•w h•h

**Makes:** 4 servings, about 1½ cups each
**Active time:** 30 minutes **Total:** 30 minutes
**Cost per serving:** under $2

*We cut the fat and sodium in half from the original version in this Chinese take-out favorite.* (Photograph: page 33.)

- 5 tablespoons cornstarch, divided
- 2 tablespoons reduced-sodium soy sauce, divided
- 2 tablespoons Chinese rice wine or dry sherry, divided
- 1 large egg white
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- ¾ cup water
- 2 tablespoons hoisin sauce
- 1 tablespoon rice vinegar
- 3 tablespoons canola oil, divided
- 2 scallions, sliced
- 2 cloves garlic, minced
- 4 cups snow peas

1. Combine 4 tablespoons cornstarch, 1 tablespoon each soy sauce and rice wine (or sherry) and egg white in a bowl. Add chicken and stir to coat.
2. Combine the remaining 1 tablespoon each cornstarch, soy sauce and rice wine (or sherry), water, hoisin and rice vinegar in a small bowl. Set aside.
3. Heat 2 tablespoons oil in a wok or large cast-iron skillet over high heat. Add the chicken; cook without turning, breaking up stuck-together pieces, until golden on the bottom, 2 minutes. Stir; continue cooking until golden on all sides, 1 to 2 minutes more. Transfer to a plate.
4. Add the remaining 1 tablespoon oil, scallions and garlic. Cook, stirring, until fragrant, about 15 seconds. Add peas; cook, stirring often, until bright green, 2 to 3 minutes. Add the reserved sauce mixture; cook, stirring, until thick, about 1 minute. Return the chicken to the pan; cook, stirring, until heated through, about 1 minute more.

**Per serving:** 364 calories; 19 g fat (3 g sat, 10 g mono); 76 mg cholesterol; 20 g carbohydrate; 2 g added sugars; 25 g protein; 2 g fiber; 524 mg sodium; 346 mg potassium.

BONE-BOOSTING
# wednesday

## Chicken Sausage Calzone h•w

**Makes:** 5 servings
**Active time:** 30 minutes
**Total:** 45 minutes
**Cost per serving:** under $2

*A typical calzone packs almost 800 calories and 25 grams of saturated fat. Our version uses lean chicken sausage to keep fat in check and we added nutrient-rich spinach to bulk up the filling without adding calories.*

- 2 tablespoons extra-virgin olive oil, divided
- 6 ounces Italian chicken sausage, sweet or hot, casings removed
- 4 cups baby spinach
- 1 cup shredded part-skim mozzarella cheese
- ⅔ cup part-skim ricotta cheese
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- ¼ teaspoon freshly ground pepper
- 1 pound prepared pizza dough, preferably whole-wheat

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add sausage and cook, breaking it into small pieces, until no longer pink, about 4 minutes. Add spinach and cook, stirring, until wilted, about 1 minute. Transfer the sausage and spinach to a large bowl; stir in mozzarella, ricotta, Italian seasoning, garlic powder and pepper.
3. On a lightly floured surface, roll dough into a 6-inch log and divide into 5 equal pieces. Pat and roll each piece into a 6-inch circle. Place ½ cup filling on one half of each circle, leaving a ½-inch border. Fold the dough over the filling and crimp the edges with a fork to seal. Cut several small slits in the top to vent steam; brush the calzones with the remaining 1 tablespoon oil. Transfer the calzones to the prepared baking sheet.
4. Bake the calzones in the lower third of the oven until browned on top, about 15 minutes. Let cool slightly before serving.

**Per serving:** 415 calories; 20 g fat (6 g sat, 7 g mono); 48 mg cholesterol; 39 g carbohydrate; 1 g added sugars; 23 g protein; 2 g fiber; 667 mg sodium; 247 mg potassium. **Nutrition bonus:** Vitamin A (45% daily value), Calcium (29% dv), Zinc (16% dv).

**More Healthy Restaurant Favorites** Find recipes to make your dine-out favorites at home at eatingwell.com/go/makeovers

# FOUND

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## Oven-Fried Beef Taquitos hff

**Makes:** 4 servings, 3 taquitos each
**Active time:** 40 minutes
**Total:** 40 minutes
**Cost per serving:** under $2.50

*One order of these little deep-fried, rolled-up tacos at a restaurant can set you back almost 1,000 calories and 60 grams of fat! Making your own at home is much more healthy. Don't worry if some of them crack open while baking—they're still crispy and delicious. You'll save enough calories to serve with salsa, guacamole and reduced-fat sour cream.*

- 1 medium zucchini
- 2 teaspoons canola oil
- 1 pound extra-lean ground beef
- 3 tablespoons chili powder
- 2 teaspoons onion powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 12 6-inch corn tortillas
- Canola oil cooking spray
- ¾ cup shredded sharp Cheddar cheese

1. Preheat oven to 425°F.
2. Shred zucchini using the large holes of a box grater. Squeeze dry in a clean kitchen towel (you should have about 2 cups). Heat oil in a large nonstick skillet over medium-high heat. Add the zucchini, beef, chili powder, onion powder, cumin and salt. Cook, stirring, until the beef is cooked through, 5 to 7 minutes.
3. Spread tortillas out on a baking sheet in two overlapping rows. Bake until hot, 2 minutes. Transfer to a plate and cover.
4. Coat the baking sheet with cooking spray. Place 6 tortillas on a clean cutting board. Working quickly, spread a generous ¼ cup beef mixture along the bottom third of a tortilla, sprinkle with about 1 tablespoon cheese and tightly roll into a cigar shape. Place the taquito seam-side down on the baking sheet. Repeat with the remaining tortillas, filling and cheese. Generously coat the top and sides of the taquitos with cooking spray.
5. Bake the taquitos until browned and crispy, 14 to 18 minutes.

**Per serving:** 456 calories; 20 g fat (8 g sat, 8 g mono); 81 mg cholesterol; 39 g carbohydrate; 0 g added sugars; 33 g protein; 7 g fiber; 608 mg sodium, 667 mg potassium.

**Make It for Two:** Halve all the ingredients (using 6 tablespoons cheese) and prepare the filling in a medium nonstick skillet.

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TUNA RANCH SALAD

INGREDIENTS:
1 pouch (2.6 oz.)
StarKist Tuna Creations® Ranch
• 3 cups bibb lettuce, washed and trimmed
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6 – 10 thinly sliced cucumber slices
• 10 grape tomatoes

DIRECTIONS:
1. Place lettuce on plate
2. Top with tuna, carrots, cucumber and tomatoes
3. Toss and enjoy!

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## Pad Thai hwh

**Makes:** 4 servings, about 1¼ cups each
**Active time:** 25 minutes
**Total:** 25 minutes
**Cost per serving:** under $2.50

*This Thai-restaurant [illegible] than half the [illegible] nearly a day's worth of sodium [illegible] pared to a traditional version. Look [illegible] ide rice noodles, someti[illegible] Pad Thai noodles" or "straight[illegible] [illegible] at most supe[illegible] foods s[illegible] Serve [illegible] cucumbers with a rice vinegar [illegible] ntro vinaigrette*

- 6 ounces dried wide rice noodles
- 2 tablespoons peanut oil *or* canola oil, divided
- 3 cloves garlic, minced
- 2 large eggs, lightly beaten
- 8 ounces small shrimp (*see Tip*), peeled and deveined
- 4 cups mung bean sprouts
- ½ cup sliced scallion greens
- ¼ cup rice vinegar
- 2 tablespoons fish sauce
- 2 tablespoons brown sugar
- ½ teaspoon crushed red pepper
- Chopped dry-roasted peanuts (optional)
- Lime wedges (optional)

1. Bring a large pot of water to a boil. Add noodles and cook until just al dente, 6 to 8 minutes. Drain.
2. Heat 1 tablespoon oil in a wok or large deep skillet over high heat until very hot. Add garlic and stir-fry until golden, about 10 seconds. Add eggs and cook, stirring, until scrambled, about 30 seconds. Add shrimp and the remaining 1 tablespoon oil; stir-fry until the shrimp curl and turn pink, about 2 minutes.
3. Add the noodles, bean sprouts, scallion greens, vinegar, fish sauce, brown sugar and crushed red pepper; toss until heated through, 1 to 2 minutes. If desired, sprinkle with peanuts and serve with lime wedges.

**Per serving:** 360 calories; 10 g fat (2 g sat, 4 g mono); 164 mg cholesterol; 54 g carbohydrate; 7 g added sugars; 15 g protein; 3 g fiber; 729 mg sodium; 315 mg potassium. **Nutrition bonus:** Vitamin C (28% daily value), Folate (24% dv), Iron (15% dv).

**Tip:** For sustainable shrimp, look for shrimp that's certified by an agency like the Marine Stewardship Council. If you can't find it, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

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# Thigh Master

## How trim (chicken) thighs can transform your dinner tonight

Annually, the average American consumes 38 percent more white meat than dark meat from chicken. We'd like to buck the trend and give some love to one of our favorite cuts: boneless, skinless chicken thighs. Why are thighs so great? Sans skin and after a quick trim, they fall into the lean category, with 166 calories, 8 grams of fat and just 2 grams of saturated fat per 3-ounce portion. That is *only* 26 calories, 5 grams fat and 1 gram saturated fat more than 3 ounces of chicken breast. But with slightly more calories and fat come huge culinary advantages: that little bit of extra fat helps keep chicken thighs tender, so they can simmer away in a ramen soup with bok choy without drying out. Plus dark meat has more flavor than light, so it goes with bold ingredients like hot sauce and blue cheese in a Buffalo Chicken Sandwich (*below*). Chicken thighs contain more iron than breast meat and more than twice as much immune-boosting zinc. And if that weren't enough, they're cheaper, too, costing about $3.50 per pound compared to $6 for breast. You won't regret turning to the dark side. —***Hilary Meyer***

Buffalo Chicken Sandwich

Recipe on page 47

For recipes that call for one chicken thigh per person buy them at the butcher counter, prepackaged thighs vary in size. Ask for one 5-ounce boneless, skinless thigh per person. After trimming (try kitchen shears to snip fat away), you'll have a perfect individual portion.

Hello there pear.
Got a question for you.
How do I tell when
you're ripe?

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*In this warming ramen-noodle bowl, miso—a fermented soybean paste—adds a deep, rich umami flavor. Look for mild-flavored white (sweet) miso, made with soy and rice, near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.*

## Easy Miso-Chicken Ramen

**how hi how**

**Makes:** 4 servings, about 2 cups each
**Active time:** 30 minutes
**Total:** 30 minutes
**Cost per serving:** under $3

*Warm up a chilly evening with this hearty chicken-and-vegetable "ramen bowl." Spice it up with a little hot sauce, such as Sriracha, if desired. Look for dried curly Chinese-style noodles near other Asian ingredients in most well-stocked supermarkets. For a substitute, try whole-wheat angel hair pasta and cook for a few minutes longer.*

- 2 tablespoons toasted sesame oil, divided
- 1 bunch scallions, sliced, white and green parts separated
- 4 cloves garlic, minced
- 1 tablespoon finely grated fresh ginger
- 4 cups water
- 3 tablespoons white miso (*see Tip, above*)
- 1½ tablespoons reduced-sodium soy sauce
- 1¼ pounds boneless, skinless chicken thighs, trimmed, cut into bite-size pieces
- 8 cups chopped bok choy
- 4 ounces dried Chinese noodles, broken in half
- 4 ounces shiitake mushrooms, stemmed and sliced (2 cups sliced)

Heat 1 tablespoon oil in a large saucepan or Dutch oven over medium-high heat. Add scallion whites, garlic and ginger and cook, stirring, until fragrant, about 1 minute. Add water, miso, soy sauce and the remaining 1 tablespoon oil; bring to a boil. Stir in chicken, bok choy, noodles and mushrooms. Cover and return to a boil. Uncover, reduce heat to medium and cook, stirring, until the chicken is cooked through and the vegetables are tender, 3 to 5 minutes. Serve sprinkled with the scallion greens.

**Per serving:** 383 calories, 16 g fat (3 g sat, 6 g mono), 76 mg cholesterol, 33 g carbohydrate, 0 g added sugars, 28 g protein; 7 g fiber; 729 mg sodium, 842 mg potassium. **Nutrition bonus:** Vitamin A (122% daily value), Vitamin C (68% dv), Iron & Potassium (24% dv)

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## Chicken Thighs with Couscous & Kale

**Makes:** 4 servings, 1 thigh & ¾ cup couscous each
**Active time:** 20 minutes **Total:** 30 minutes
**Cost per serving:** under $2.50

- 1½ teaspoons dried thyme
- 1½ teaspoons ground cumin
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 large boneless, skinless chicken thighs (about 1¼ pounds), trimmed
- 2 tablespoons extra-virgin olive oil, divided
- 1 medium onion, halved and sliced
- 1 cup Israeli couscous
- 2 cloves garlic, minced
- 4 cups very thinly sliced kale
- 2 cups reduced-sodium chicken broth

1. Combine thyme, cumin, salt and pepper in a small bowl. Sprinkle both sides of chicken with half of the spice mixture.
2. Heat 1 tablespoon oil in a large, heavy skillet, such as cast-iron, over medium-high heat. Add chicken and cook until golden brown, 2 to 3 minutes per side. Transfer to a plate.
3. Add the remaining 1 tablespoon oil and onion to the pan, cook, stirring frequently, until beginning to soften, 2 to 4 minutes. Stir in couscous and garlic; cook, stirring frequently, until the couscous is lightly toasted, 1 to 2 minutes. Add kale and the remaining spice mixture; cook, stirring, until the kale begins to wilt, 1 to 2 minutes.
4. Pour in broth and any accumulated juice from the chicken, then nestle the chicken into the couscous. Reduce the heat

to medium-low, cover and cook until the chicken is cooked through and the couscous is tender, 10 to 12 minutes.

**Per serving:** 414 calories; 16 g fat (3 g sat, 9 g mono); 76 mg cholesterol; 38 g carbohydrate, 0 g added sugars; 29 g protein; 4 g fiber; 517 mg sodium; 606 mg potassium. **Nutrition bonus:** Vitamin A (207% daily value), Vitamin C (140% dv), Iron (23% dv), Zinc (18% dv), Potassium (17% dv).

## Buffalo Chicken Sandwich hef

**Makes:** 4 servings, 1 sandwich each
**Active time:** 35 minutes **Total:** 35 minutes
**Cost per serving:** under $2.50

*This recipe takes the traditional accompaniments to Buffalo chicken wings—carrots, celery and blue cheese dip—and turns them into a crunchy slaw to top the sandwich.* (Photograph, page 42.)

- 2 tablespoons all-purpose flour
- 1 large egg, lightly beaten
- ¾ cup coarse dry breadcrumbs (panko), preferably whole-wheat
- 4 large boneless, skinless chicken thighs (about 1¼ pounds), trimmed
- ¼ teaspoon freshly ground pepper plus ⅛ teaspoon, divided
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons hot sauce, such as Frank's RedHot
- ¾ cup thinly sliced celery
- ¾ cup thinly sliced carrot
- ¼ cup crumbled blue cheese
- 2 tablespoons reduced-fat sour cream
- 4 small whole-wheat hamburger buns, toasted

1. Place flour, egg and breadcrumbs in three separate dishes. Sprinkle chicken with ¼ teaspoon pepper. Coat both sides of the chicken with flour, shaking off any excess, then dip in egg. Finally, coat both sides with the breadcrumbs, pressing to help the crumbs stick.
2. Heat oil in a large nonstick skillet over medium heat. Add the chicken and cook, turning once, until golden brown, 3 to 4 minutes per side. Remove from heat, cover and let stand until an instant-read thermometer inserted into the thickest part registers 165°F, 2 to 5 minutes. Transfer to a clean bowl and toss with hot sauce.
3. Combine celery, carrot, blue cheese, sour cream and the remaining ⅛ teaspoon pepper in a medium bowl. Top each bun with chicken and ⅓ cup of the slaw.

**Per serving:** 468 calories; 22 g fat (6 g sat, 10 g mono); 131 mg cholesterol; 37 g carbohydrate; 4 g added sugars; 31 g protein; 6 g fiber; 700 mg sodium; 467 mg potassium. **Nutrition bonus:** Vitamin A (87% daily value), Zinc (24% dv), Iron (19% dv), Vitamin C (17% dv), Magnesium (16% dv).

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Have all the ingredients prepared in a medium nonstick skillet and reduce the cooking time for the mushrooms (Step 3) and sauce (Step 4) by 1 to 2 minutes.

## Prosciutto-Wrapped Chicken with Mushroom Marsala Sauce

how how

**Makes:** 4 servings, 1 thigh & ½ cup sauce each
**Active time:** 35 minutes
**Total:** 35 minutes
**Cost per serving:** under $3

- 4 large boneless, skinless chicken thighs (about 1¼ pounds), trimmed
- ½ teaspoon freshly ground pepper, divided
- 4 thin slices prosciutto (about 2 ounces)
- 4 teaspoons extra-virgin olive oil, divided
- 1 large shallot, halved and thinly sliced
- 1 tablespoon finely chopped fresh oregano plus 1 teaspoon, divided
- 8 ounces sliced cremini mushrooms
- ½ cup Marsala (*see Tip, page 110*) or dry sherry
- 1 cup reduced-sodium chicken broth
- 2 teaspoons cornstarch

1. Sprinkle chicken thighs with ¼ teaspoon pepper and wrap each with a slice of prosciutto.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, turning once, until browned on both sides and cooked through, 4 to 5 minutes per side. Transfer to a plate; tent with foil to keep warm.
3. Reduce heat to medium and add the remaining 2 teaspoons oil, shallot and 1 tablespoon oregano to the pan. Cook, stirring, until the shallot is beginning to brown, 1 to 2 minutes. Add mushrooms and cook, stirring, until browned in spots, 4 to 6 minutes. Add Marsala (or sherry), return heat to medium-high and cook 2 minutes.
4. Whisk broth, cornstarch and the remaining ¼ teaspoon pepper in a measuring cup; add to the pan, stirring. Return to a simmer and cook, stirring constantly, until the sauce is thickened and glossy, about 4 minutes. Serve the chicken with the mushroom sauce, sprinkled with the remaining 1 teaspoon oregano.

**Per serving:** 310 calories; 15 g fat (3 g sat, 7 g mono); 87 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 28 g protein; 0 g fiber; 588 mg sodium; 513 mg potassium. **Nutrition bonus:** Zinc (19% daily value).

Bard Valley

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# Sweet Gift!

Here's an idea for all those little gifts you need to give this season: make chocolate bark. With just a few simple steps you can transform plain chocolate into a simply divine DIY gift. And it's got a health bonus to boot. Cocoa polyphenols, the powerful antioxidants found in chocolate, may help you feel more positive, calm and content, according to new research in the *Journal of Psychopharmacology*. Talk about a joyful holiday! —*Lisa D'Agrosa, M.S., R.D.*

## Papaya & Chile

- ⅓ cup pepitas, toasted
- ⅓ cup finely chopped dried papaya
- 1 teaspoon ancho or New Mexico chile powder

- ½ cup coarsely chopped cashews, lightly toasted
- ¼ cup sunflower seeds, lightly toasted
- 1 tablespoon sesame seeds, lightly toasted
- 1 teaspoon aniseed, lighted toasted
- ¼ teaspoon coarse salt

- ¾ cup small graham cracker pieces
- ¾ cup mini marshmallows

## Salted Caramel

- 12 melted caramel squares, divided
- ¼ teaspoon flaky sea salt, such as Maldon

## Trail Mix

- ½ cup coarsely chopped salted peanuts
- ⅓ cup golden raisins
- ½ cup salted pretzel pieces

- 30 peppermint candies, coarsely chopped
- ¼ cup chocolate-covered espresso beans, coarsely chopped

**To make chocolate bark:** Line a rimmed baking sheet with foil. Combine ingredients (add-ins) for your bark of choice in a small bowl. (*For salted caramel bark, see directions on page 110.*) Place 2 cups chopped bittersweet chocolate (or chocolate chips) in a bowl; microwave on Medium for 1 minute. Stir, then continue microwaving, stirring every 20 seconds, until melted. Stir in half of the add-ins. Spread the mixture into a 9-inch square on the prepared baking sheet. Sprinkle the remaining add-ins on top, pressing any large bits in. Refrigerate until set, about 30 minutes. Cut into 1½-inch pieces. Refrigerate airtight for up to 2 weeks. **Makes:** 36 pieces.

**Watch Us Make Bark!**
See editor Jessie Price make easy chocolate bark at **eatingwell.com/go/bark**

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# Turn your dieting dilemma into a weight loss wonder!

For too many of us, life has become run by the constant ups and downs of the numbers on the scale. But it doesn't have to be this way!

The old saying "you win some, you lose some" could easily be rephrased when it comes to dieting: "You lose some, you gain some". For too many of us, life has become run by the constant ups and downs of the numbers on the scale. We move from one weight loss regimen to the next, constantly trying to lose weight or keep lost weight off, telling ourselves each time that this is the last attempt. Instead of feeling confident after a diet, we hold on to the clothes that have become too loose, "just in case". Because we learned from experience that diet success isn't always - or hardly ever - meant to last. But it doesn't have to be this way!

**We can undo the damage that dieting has done to our metabolism, body and mind.**

Every time we reduce our calorie intake during a diet, our metabolism slows down, leaving us feeling sluggish and frustrated. Even worse, once we reach our weight loss goals and eat regular again, the lost pounds come back like a boomerang. In an effort to lose the regained weight, we start yet another diet... and another, each of them wreaking new havoc on our body and metabolism, making it harder to lose weight and sustain the results with every new try. Instead of finally losing those unwanted pounds, we start to lose hope that our dieting days will ever be over. The good news is, they can be! We can undo the damage that dieting has done to our metabolism, body and mind. We can get a fresh start and finally lose the weight for good, without feeling hungry and tired in the process! The key is to reset our metabolism at the beginning of our weight loss program so that it functions at its optimal level again, during and after the diet.

**A patented formula helps to reset the metabolism from day one and keeps it active throughout the diet and beyond.**

This is what German holistic therapist Hubertus Trouillé discovered over 25 years ago when he developed an all-natural, gluten-free weight loss solution made from non-GMO soy, skim milk yogurt powder and enzyme-rich honey in a unique fermentation process. Rather than simply reduce calorie intake or suppress appetite, his patented formula helps to reset the metabolism from day one and keeps it active throughout the diet and beyond. Even though you will lower your daily calorie intake as part of the weight loss program, your metabolism will not slow down. You will burn fat and keep muscle mass, your energy level and mood will improve and you can even reduce the negative effects of aging and feel rejuvenated thanks to a healthy level of natural HGH, the youth hormone. At the same time, you will feel full and avoid cravings because your thyroid function, blood sugar, and the satiety hormones leptin and ghrelin will be supported. All that without any artificial fillers, flavors, added sugars, preservatives or stimulants.

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## Your Bikini Emergency Plan

**Week 1:**
Replace all 3 meals with an Almased shake. For each shake, mix 8 Tbsp Almased in 10-12 oz of water, skim milk, almond or soy milk and add 1-2 tsp of canola, olive or flaxseed oil. In addition, drink as much vegetable broth as you like.

**Week 2 and beyond:**
Replace 2 meals, preferably breakfast and dinner, with an Almased shake and have 1 healthy meal with lots of vegetables, lean protein (e.g. chicken, fish, tofu) and a small serving of whole grains (e.g. brown rice, quinoa, whole grain pasta).

## Ask our Nutrition st

Sı.ke Ul mann is a licensed, reg stered dietitian who provides nutr tional guidance for Almased Contact Sı.ke at nutrit onist@almased com.

## Rina Rugova

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Delicious food and friends—human and canine—are what Thanksgiving is all about. Three generations of the Norman family (opposite) gather in their 150-year-old stone farmhouse for the big meal.

# THANKSGIVING ON THE FARM

**Come home to rural Maryland for a celebration that features the season's harvest, the sumptuous seafood of the Chesapeake Bay and plenty of good times**

Recipes & Food Styling
by Bill Scepansky

Photography
by Helen Norman

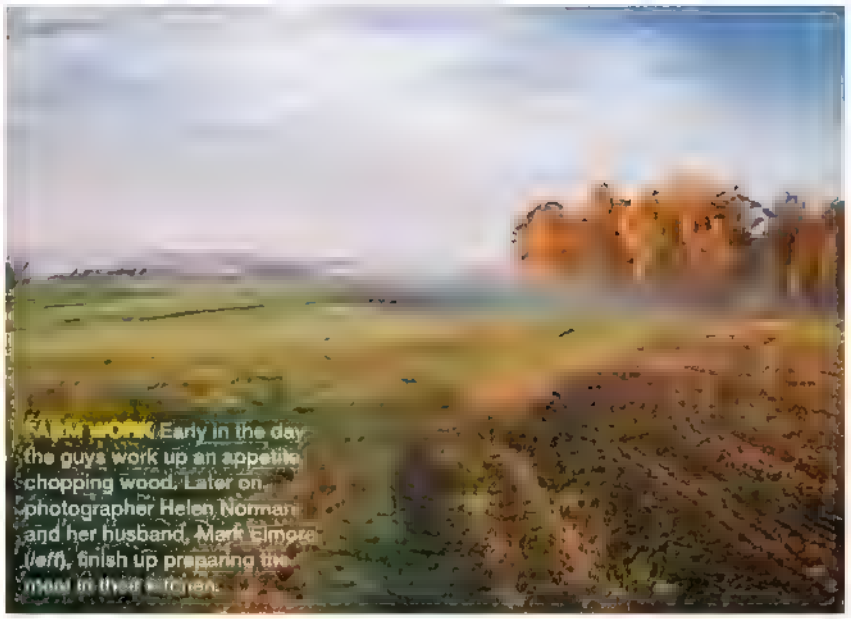
Prop Styling
by Michelle Wong

Those bare November days, when faded farm fields are kissed silver with frost and clinging mist, are the time for farmers to assess the past growing season—and most important, to give thanks. At Star Bright Farm, in the rolling countryside of northern Maryland, Thanksgiving truly is an honest celebration of both family and harvest.

That's in part because Helen Norman and Mark Elmore's 130-acre organic farm sits next to One Straw Farm, where her brother and sister-in-law, Drew and Joan Norman, run an 1,800-member organic CSA program. Helen likes to say they are "one family but two farms working together."

Like most meals on the farm, the Thanksgiving menu "is dictated by what's growing," says Helen. "Fall brings us squash, potatoes, broccoli and beets." In addition, the whole family gleans the late fall remains. November fields still bear patches of frost-sweetened kale and spinach and dainty broccoli heads. "We've picked kale literally frozen to the ground. It's so tasty, sweet."

It's no surprise that Thanksgiving is Helen Norman's favorite day of the year. "It's about sharing family and food," she explains. Farmers or not, this is a day when we can all indulge in gratitude—for family and for all those successful harvests that nourish us every day of the year. *—Gretel H. Schueller*



Early in the day the guys work up an appetite chopping wood. Later on, photographer Helen Norman and her husband, Mark Elmore (*left*), finish up preparing the meal in their kitchen.

## Bay-Spiced Roast Turkey

how how

**Makes:** 12 servings turkey (plus leftovers) & 4 cups gravy
**Active time:** 1¼ hours **Total:** 2¾ hours (plus 8-16 hours brining time)
**To make ahead:** Brine turkey (Step 1) for up to 16 hours.
**Cost per serving:** under $5.50

*y is brined to keep it moist, n rubbed with spices. Diced celery root or parsnip adds flavor and tex gravy. A heritage, natural or organic thout added s (Step 1)*

Brine & Turkey
- 1 gallon water
- 1 cup kosher salt
- ¾ cup sugar
- 2 medium onions, sliced
- 1 head celery, cut into 3-inch lengths
- ½ cup Bay Spice Blend (*opposite*)
- 8 cups ice-cold water
- 4 cups ice cubes
- 1 12- to 14-pound turkey, preferably natural, organic or heritage (*see Tip, page 111*)

Turkey Rub
- ⅓ cup Bay Spice Blend
- 1 teaspoon kosher salt
- 2 lemons, zested then halved, divided
- 1 tablespoon canola oil
- 4 shallots, halved

Celery Root Pan Gravy
- ½ cup finely diced onion
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 cup dry white wine
- 2 cups low-sodium turkey *or* chicken broth *or* stock
- 3 tablespoons cornstarch
- 2 cups water
- 1½ cups finely diced peeled celery root (*see Tip, page 111*) *or* parsnips
- ¼ cup snipped fresh chives
- ¼ teaspoon freshly ground white pepper, or to taste

1. **To brine turkey:** At least 8 hours (and no more than 16 hours) before you plan to serve your turkey, make the brine. Combine water, 1 cup salt, sugar, onions, celery and ½ cup spice blend in a large stock pot. Bring to a boil over high heat, stirring to dissolve the salt and sugar. Let cool to room temperature. Then stir in ice-cold water and ice. Remove neck and giblets from turkey and discard. Add the turkey to the brine; weight it with a plate, if necessary, so it stays submerged. Cover and refrigerate for at least 8 hours and no longer than 16 hours. (If you do not have enough space in your refrigerator, you can add enough sealed, clean ice packs to the pot to keep the turkey at 40°F or colder.)

2. **To rub & roast turkey:** About 3½ to 4 hours before you want to serve the turkey, remove it from the brine and thoroughly rinse with cool water. (Discard the brine.) Pat dry with paper towels.

3. Combine ⅓ cup spice blend, 1 teaspoon salt and lemon zest in a small bowl. (There should be enough spice blend left for the stuffing, page 60.) Rub the mixture under the skin on the turkey breast, thighs and legs and inside the cavity as evenly as possible without tearing the skin. Rub the outside of the turkey with oil. Stuff the cavity with shallots and the zested lemon halves.

4. Coat a rack with cooking spray and place it in a roasting pan. Place the turkey on the rack, breast-side down, and let stand at room temperature for 30 minutes.

5. Meanwhile, preheat oven to 400°F.

6. Roast the turkey for 30 minutes. Reduce oven temperature to 350°, add 2 cups hot water to the pan to prevent the drippings from burning and roast for 30 minutes more.

7. Remove the turkey from the oven and very carefully turn it breast-side up. Then continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 30 minutes to 1 hour more. (If the turkey is larger than 14 pounds, add 3 to 6 minutes more roasting time for each additional pound.)

8. Transfer the turkey to a clean cutting board, leaving the drippings in the pan.

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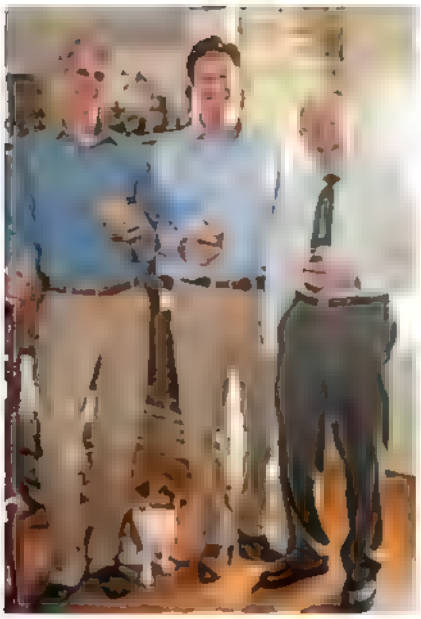
## Bay Spice Blend

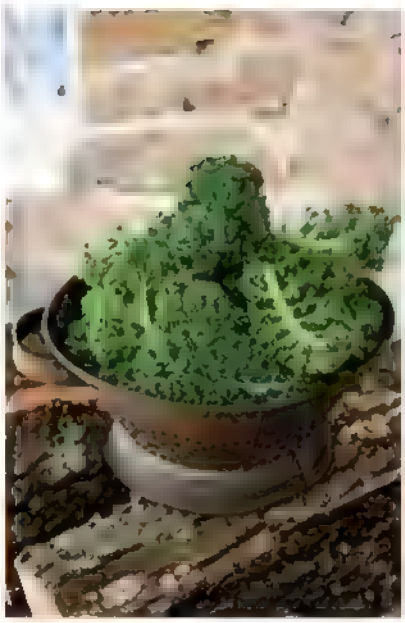
**Makes:** 1 cup, enough for turkey & stuffing recipes

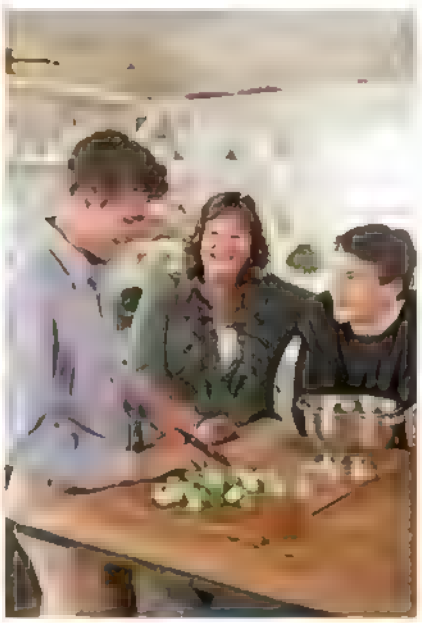
**To make ahead:** Store airtight for up to 2 weeks

¼ cup dry mustard
8 whole bay leaves, finely crushed
2 tablespoons crushed red pepper
2 tablespoons celery seed
2 tablespoons ground ginger
1½ tablespoons dried thyme
1 tablespoon sweet paprika
1 tablespoon ground cinnamon
1 tablespoon ground mace *or* nutmeg
1 tablespoon freshly ground pepper
2 teaspoons onion powder

Norman (opposite, with Mark Elmore and father Phil) along with his wife Joan (far right, with her nephews) started One Straw Farm in 1983. He recently received the Organic Pioneer Award from Rodale. In fall, the cruciferous vegetables, like kale or the broccoli and cauliflower in the gratin, are still going strong on the farm. And the harvested habaneros and tomatoes have been processed for amazing Bloody Marys the family enjoys before the meal.







Tent the turkey with foil to keep warm and let rest while you prepare the gravy.

9. **To prepare gravy:** Set the roasting pan over two burners on medium-high heat; add diced onion, thyme sprigs and bay leaf and cook, stirring and scraping up any browned bits, until the onion is soft, about 4 minutes. Add wine, bring to a boil over medium-high heat and cook until reduced by about half, 6 to 8 minutes. Carefully strain the liquid though a fine sieve and return the strained liquid to the roasting pan over medium-high heat. Combine broth and cornstarch in a measuring cup and slowly whisk into the liquid in the pan. Add 2 cups water and celery root (or parsnips) and cook, whisking constantly, until the vegetables are tender and the gravy is thickened, about 10 minutes. Remove from the heat, stir in chives and white pepper.

10. Carve the turkey and serve with gravy.

**Per serving (3 oz. turkey without skin plus ¼ cup gravy):** 189 calories; 5 g fat (1 g sat, 1 g mono); 66 mg cholesterol; 6 g carbohydrate; 1 g added sugars; 26 g protein; 1 g fiber; 416 mg sodium; 358 mg potassium. **Nutrition bonus:** Zinc (20% daily value).

**All You Need for Thanksgiving**

Get everything you need for your best Thanksgiving, from more recipe and menu ideas to how-to videos, cooking tips and entertaining ideas, at **eatingwell.com/go/thanksgiving**

## Cauliflower, Romanesco & Broccoli Gratin hmf

**Makes:** 12 servings, ⅔ cup each
**Active time:** 35 minutes **Total:** 1 hour
**To make ahead:** Prepare through Step 1, cover and refrigerate florets for up to 1 day. Proceed with Steps 2-5 about 1 hour before serving.

*The crumbled cheese crackers on top of this gratin evoke a classic retro Thanksgiving casserole. But it gets a modern light spin with a sauce made with low-fat milk and just enough full flavor cheese to keep it rich without lots of saturated fat and calories. Opt for cheese crackers made without partially hydrogenated oils.*

- 14 cups bite-size florets from 2-3 heads broccoli, cauliflower *and/or* [illegible]
- 2 cups low-fat milk
- 1½ teaspoons Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 2 tablespoons cornstarch
- 2 tablespoons water
- ¾ cup shredded extra-sharp white Cheddar cheese
- ¾ cup shredded Gruyère cheese
- ¼ cup snipped fresh chives
- ¾ cup crushed cheese-flavored crackers
- [illegible] teaspoons extra-virgin olive oil

1. Bring a large pot of water to a boil. Add florets and cook, stirring frequently, for 1 minute. Drain in a colander and immediately rinse with cold water until cool. Drain well. Spread on a baking sheet or kitchen towel and pat with a clean towel to soak up any excess water.

2. Preheat oven to 375°F. Coat a 9-by-13-inch (or similar-size shallow ovenproof dish) with cooking spray.

3. Combine milk, mustard, garlic powder and salt in the large pot; bring to a simmer over medium-high heat. Combine cornstarch and water in a small bowl, whisk into the simmering milk. Bring the mixture to a boil over high heat, whisking. Reduce heat to maintain a simmer and cook, whisking, for 2 minutes. Add Cheddar, Gruyère and chives; whisk until smooth. Remove from heat.

4. Add the florets to the pot and gently stir to coat with the cheese sauce. Transfer to the prepared baking dish. Combine crackers and oil in a small bowl and sprinkle over the vegetables.

5. Bake until the cheese sauce is bubbling and the florets are starting to brown on top, 25 to 30 minutes. Serve warm.

**Per serving:** 221 calories; 12 g fat (5 g sat, 5 g mono); 20 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 9 g protein; 3 g fiber; 427 mg sodium; 311 mg potassium. **Nutrition bonus:** Vitamin C (88% daily value), Folate (27% dv), Calcium (23% dv), Vitamin A (19% dv).

## Maryland Oyster Stew

**Makes:** 12 servings, about ¾ cup each **Active time:** 45 minutes **Total:** 45 minutes **To make ahead:** Prepare through Step 3, cover and hold for up to 1 hour or refrigerate stew and oysters separately for up to 1 day. To serve, reheat and finish with Step 4.

*Starting the Thanksgiving meal with this delicate oyster soup sets the tone for celebration. Don't worry about shucking the oysters—most supermarket seafood departments carry shucked oysters*

- 3 tablespoons butter
- 2 cups diced white onion
- 1 cup diced celery, plus ¼ cup chopped celery leaves, divided
- 2 pints shucked oysters, liquid reserved
- ¾ teaspoon kosher salt
- ½ teaspoon paprika
- 3½ cups low-fat milk
- ½ cup heavy cream
- 3 dashes hot sauce
- Freshly ground pepper to taste
- 2 tablespoons snipped fresh chives

1. Heat butter in a large saucepan over medium heat until melted. Add onion and diced celery, reduce heat to medium-low and cook, stirring occasionally, until translucent and very tender but not browned, 25 to 30 minutes.

2. Meanwhile, cut oysters in half or quarters, depending on size. Pour the oyster liquid through a fine-mesh sieve to strain out any grit.

3. Stir salt and paprika into the vegetables and cook, stirring, for 1 minute more. Add the strained oyster liquid, milk, cream and hot sauce. Increase heat to high and bring to a boil.

4. Reduce heat to a simmer and gently add the oysters. Cook just until their edges begin to curl, 2 to 3 minutes. Remove from heat. Season with pepper. Garnish with celery leaves and chives.

**Per serving:** 147 calories; 9 g fat (5 g sat, 2 g mono); 44 mg cholesterol, 11 g carbohydrate; 0 g added sugars, 7 g protein; 1 g fiber; 250 mg sodium; 281 mg potassium. **Nutrition bonus:** Zinc (193% daily value), Iron (25% dv).

## Crab Cake Stuffing

h×w h↕f h♥h

**Makes:** 12 servings, ¾ cup each **Active time:** 35 minutes **Total:** 1 hour **To make ahead:** Prepare through Step 3, cover and refrigerate for up to 1 day. Let stand at room temperature for 1 hour before baking (Step 4).

*In this crab-meets-stuffing side, claw crabmeat flavors the whole dish with little bits and higher-grade "jumbo lump" adds large bites of crab. Shape into cakes or bake in a casserole. Look for crab in the seafood department of large supermarkets.*

- 2 tablespoons butter
- 1 teaspoon Bay Spice Blend (*page 57*)
- 1 cup diced celery
- ⅔ cup diced onion
- ¼ cup dry white wine
- 8 ounces claw crabmeat
- ¾ cup low-fat mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon hot sauce
- 2 large eggs, beaten
- 8 ounces jumbo lump crabmeat
- ¼ cup chopped fresh parsley
- ¼ cup snipped fresh chives
- 10 cups diced rustic whole-grain bread (from 1 large loaf)
- 1 cup low-sodium turkey *or* chicken broth *or* stock

1. Melt butter in a large saucepan over medium heat. Stir in spice blend, then add celery and onion and cook, stirring often, until tender and translucent but not browned, about 5 minutes. Add wine and bring to a simmer over medium-high heat. Simmer until the liquid is reduced by about half, 2 to 4 minutes. Stir in claw crabmeat. Transfer to a large bowl and let cool to room temperature.

2. Preheat oven to 375°F. Coat a large baking sheet (or 9-by-13-inch baking

**CHESAPEAKE BAY STATE** In a nod to Maryland's seafood heritage, this menu includes a crab stuffing and a delicate oyster stew (*opposite*). Both oysters and squashes like this kabocha—were part of the Pilgrims' original 1621 Thanksgiving.

dish) with cooking spray.
3. Whisk mayonnaise, mustard, hot sauce and eggs into the mixture in the bowl. Add jumbo lump crabmeat, parsley, chives and bread; gently toss, trying not to break up the lumps of crab. Pour broth over the bread and gently combine. To form the stuffing into individual "cakes," pat ¾-cup portions into 12 patties 2½ to 3 inches wide and place on the prepared baking sheet. (*Alternatively, transfer the stuffing to the prepared baking dish.*)
4. Bake until golden brown and an instant-read thermometer inserted into the center registers 165°F, 25 to 30 minutes.

**Per serving:** 192 calories; 7 g fat (2 g sat, 2 g mono); 84 mg cholesterol, 18 g carbohydrate; 2 g added sugars; 13 g protein; 3 g fiber; 452 mg sodium; 154 mg potassium. **Nutrition bonus:** Iron (17% daily value).

## Winter Greens Salad with Squash & Cranberry Vinaigrette

**Makes:** 12 servings, about 1⅓ cups each **Active time:** 30 minutes **Total:** 30 minutes **To make ahead:** Steam squash (Step 1) and let stand at room temperature for up to 3 hours; cover and refrigerate vinaigrette (Step 2) for up to 1 day.

*The steamed squash in this salad has a tender yielding texture and a mild, almost nutty taste. Add in some nutritious bitter greens and a sweet-sour cranberry vinaigrette and you have liftoff.* (Photograph: page 61.)

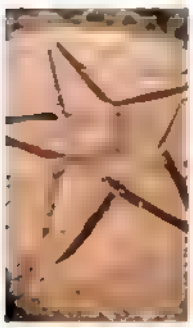
- 1 small kabocha squash *or* 3 delicata squash, halved and seeded
- ½ cup walnut oil *or* extra-virgin olive oil
- ⅓ cup white balsamic vinegar *or* white-wine vinegar
- 1 small shallot, minced
- 1 medium clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ½ teaspoon kosher salt
- Freshly ground pepper to taste
- ½ cup dried cranberries
- 10 cups torn frisée
- 10 cups thinly sliced escarole
- ½ cup coarsely chopped walnuts, toasted

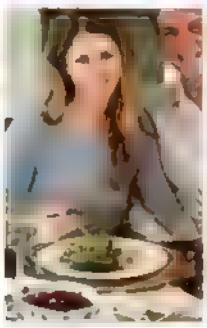
## ★ THANKSGIVING ★ MAKE-AHEAD GAME PLAN

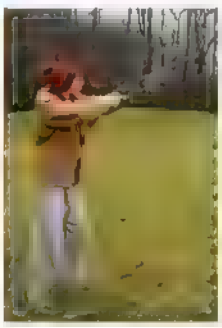
*Use this step-by-step planner to help you serve Thanksgiving dinner with ease. Enlist someone to carve the turkey while you make the gravy and get the rest of the meal to the table.* (For wine pairings & menu variations, see page 7.)

*Day Before:*
- Make Bay Spice Blend; store at room temperature.
- Prepare brine for turkey (Step 1); let cool to room temperature.
- Prepare stuffing through Step 3.
- Prepare oyster stew through Step 3.
- Prepare vinaigrette for salad (Step 2).
- Wash and dry salad greens; toast walnuts.
- Cook florets for gratin (Step 1).
- Place turkey in brine up to 16 hours before roasting.
- Prepare sauce for apple dumplings.
- Assemble apple dumplings through Step 5.

*Day Of:*
- 3½ to 4 hours before you want to serve, remove turkey from brine and proceed with Step 2.
- 3 hours before serving, prep and steam squash (Step 1) for salad.
- 2 hours before serving, prep onion, celery root and chives for gravy (*see turkey recipe*); measure out liquid ingredients and cornstarch and set near the stove.
- 1½ hours before serving, remove stuffing from refrigerator and let stand at room temperature for 1 hour before baking (Step 4).
- 1 hour before serving, finish the gratin (Steps 2-5).
- 30 minutes before serving, bake stuffing.
- Just before serving, prepare gravy (*turkey recipe, Step 9*). Reheat oyster stew and finish with Step 4.
- 45 minutes before serving dessert, bake dumplings; reheat sauce.







PHOTOGRAPH: JENNIFER MAY; FOOD STYLING: MARY MARGARET CHAPPELL; PROP STYLING: MARIAN PARSONS



**Our Best Thanksgiving Side Dishes** Download a free mini cookbook of our best Thanksgiving side-dish recipes at **eatingwell.com/go/sides**

**SWEET ENDINGS** After the meal the family likes to get outside and shoot skeet. Then everyone gets snug by the fire to enjoy these sweet apple dumplings. They're a welcome change from traditional Thanksgiving desserts, with the flavor of apple pie in a flaky shell that's a good example of how easy phyllo can be to use.

1. If using kabocha, cut lengthwise into quarters, then cut each quarter crosswise into 6 slices. For delicata, cut each half crosswise into 6 slices. (No need to peel either type of squash—the skin is edible.) Bring 1 inch of water to a boil in a Dutch oven fitted with a steamer basket. Add the squash to the basket, cover and cook until just tender when pierced with a knife, 8 to 10 minutes. Carefully remove the steamer basket from the pot and transfer the squash to a large plate to cool.
2. Meanwhile, whisk oil, vinegar, shallot, garlic, mustard, honey, salt and pepper in a large bowl until well combined. Add cranberries; set aside for at least 10 minutes to let the cranberries soften.
3. When ready to serve, arrange the squash slices on a large platter. Drizzle with 2 tablespoons of the vinaigrette. Add frisée and escarole to the remaining vinaigrette; toss to coat. Transfer the greens to the platter and top with walnuts.

**Per serving:** 186 calories; 13 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 18 g carbohydrate; 4 g added sugars; 3 g protein; 6 g fiber; 73 mg sodium; 523 mg potassium. **Nutrition bonus:** Vitamin A (133% daily value), Folate (36% dv), Vitamin C (25% dv).

## Phyllo-Wrapped Apple Dumplings with Apple Cider Sauce hmf

**Makes:** 12 servings, 1 dumpling & 2 Tbsp. sauce each
**Active time:** 1 hour **Total:** 1¾ hours
**To make ahead:** Prepare sauce (Step 1) and assemble dumplings (Steps 3-5). Cover and refrigerate separately for up to 1 day; bake the dumplings and reheat the sauce before serving.

*Cider is reduced to create a sensational sauce for these crispy apple dumplings*

Cider Sauce
- 8 cups apple cider *or* apple juice
- 2 tablespoons cornstarch
- 1 tablespoon water

Apple Dumplings
- ½ cup golden raisins
- 3 tablespoons light brown sugar
- ½ teaspoon apple pie spice (*see Tip, page 110*)
- 6 sweet crisp apples, such as Honeycrisp, Macoun *or* Braeburn
- ¼ cup unsalted butter, melted
- ¼ cup canola oil
- ¼ cup granulated sugar
- 1 tablespoon ground cinnamon
- 24 sheets phyllo dough (9-by-14-inch), thawed per package directions

1. **To prepare sauce:** Bring cider (or juice) to a boil in a large saucepan. Boil, watching carefully and stirring occasionally to keep bubbles down, until reduced to about 2 cups, 30 to 40 minutes. Combine cornstarch and water in a small bowl until smooth; whisk the cornstarch mixture into the boiling syrup. Return to a boil. Reduce heat and simmer, whisking frequently, until thickened, 2 to 4 minutes more. Remove from heat and cover to keep warm.
2. **To prepare dumplings:** Preheat oven to 350°F.
3. Combine raisins, brown sugar and apple pie spice in a medium bowl. Peel, halve and core apples. Place cut-side up on a clean work surface; spoon a little of the raisin mixture into the center of each apple half. Sprinkle any remaining sugar mix over the apples.
4. Combine butter and oil in a small bowl; set aside 2 tablespoons in another small bowl. Combine granulated sugar and cinnamon in a third small bowl. Unroll phyllo sheets onto a clean, dry surface, keeping them in a stack. Cover with a piece of wax paper and then a barely damp kitchen towel to prevent them from drying out.
5. Lay out one sheet of phyllo on a clean, dry surface. Using a pastry brush, lightly brush the sheet with butter mixture from the first bowl, then lightly sprinkle with cinnamon sugar. Repeat, layering on 3 more sheets of phyllo; coat and sprinkle the top sheet too. Cut the phyllo stack in half crosswise. Place a stuffed apple half in the middle of each stack. Gather the sides of the phyllo together, pinching the corners, to enclose the apple. Transfer the dumplings to a large rimmed baking sheet. Repeat with the remaining phyllo and apples to make 12 dumplings altogether. Brush them with the reserved 2 tablespoons of butter mixture.
6. Bake the dumplings until the phyllo is golden brown and crisp, 35 to 40 minutes. Let stand at least 10 minutes and up to 30 minutes. Reheat the sauce, if desired. Serve the dumplings with the sauce.

**Per serving:** 373 calories; 11 g fat (3 g sat, 5 g mono); 10 mg cholesterol; 67 g carbohydrate; 6 g added sugars; 3 g protein; 4 g fiber; 187 mg sodium; 192 mg potassium.

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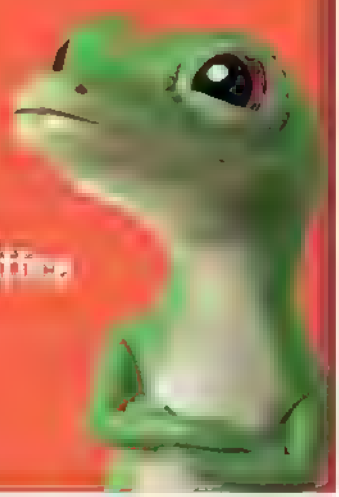

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AS IF BY MAGIC, THESE RECIPES TURN BASIC VEGETABLES INTO OUTSTANDING SIDES

# Side Show!

During the busy holidays, knowing a dead-easy side dish that's also festive is like having a secret weapon. And we've got three of them just for you. We've taken familiar veggies of the season—carrots, green beans and Brussels sprouts—and spruced them up with a few effortless tricks to make these sides truly special: Carrots get glamorous with a glaze of pomegranate molasses and a sprinkle of pistachios. Brussels sprouts are dressed up with savory pancetta and sage. Bundles of green beans look as pretty as a present when wrapped with a "ribbon" of scallion and drizzled with garlicky browned butter. In fact, these easy sides are so good they might just become the feature event on your holiday table. —*G.H.S.*

By the EatingWell Test Kitchen

*Photography by Carin Krasner*

***WEB BONUS RECIPE!***
***Dress up kale for the holidays with our Kale Salad with Preserved Lemon & Walnuts at eatingwell.com/go/kalesalad***

# Side Show!

pomegra… molasses
to coat th… rots in
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th… gars or in Middle Eastern
… To make your own

## Pomegranate Molasses-Glazed Carrots with Pistachios

h·e·w · h·f · h·h

**Makes:** 8 servings, ¼ cup each
**Active time:** 35 minutes
**Total:** 35 minutes
**To make ahead:** Keep warm in a 225°F oven for up to 30 minutes.

*Instead of a traditional sugar glaze, we glaze these spiced carrots with a combination of sweet-tart pomegranate molasses and honey. A touch of butter and a sprinkling of pistachios make them decadent enough for any festive meal.*

- 2 pounds carrots, peeled and diagonally sliced (¾-inch)
- ½ cup water
- 2 tablespoons pomegranate molasses (*see Tip, above*)
- 2 tablespoons honey
- 2 tablespoons butter
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ cup chopped salted pistachios
- 2 tablespoons snipped fresh chives

Combine carrots, water, pomegranate molasses, honey, butter, cinnamon and salt in a large skillet. Bring to a boil over medium-high heat. Cover and cook until the carrots are just tender, 6 to 8 minutes. Uncover and cook, stirring frequently, until the liquid is a syrupy glaze, 6 to 8 minutes more. Remove from heat and stir in pistachios and chives. Serve warm.

**Per serving:** 119 calories; 3 g fat (2 g sat., 2 g mono); 8 mg cholesterol; 17 g carbohydrate; 6 g added sugars; 2 g protein; 3 g fiber; 241 mg sodium; 381 mg potassium. **Nutrition bonus:** Vitamin A (340% daily value).

## Green Bean Bundles with Garlic Browned Butter

**Makes:** 8 servings, 1 bundle each
**Active time:** 40 minutes
**Total:** 40 minutes
**To make ahead:** Keep assembled bundles warm in a 225°F oven for up to 15 minutes; brown the butter (Step 3) and hold until ready to serve. Reheat if necessary.

*Impressive-looking but simple to make, these will wow your holiday guests.*

- 1 pound thin green beans or haricot verts, trimmed
- 24 long, thin slices red bell pepper
- 8 long, thin scallions
- 2 tablespoons butter
- 2 cloves garlic, peeled
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon flaked sea salt, such as Maldon
- Freshly ground pepper to taste

**1.** Bring 1 inch of water to a boil in a large pan fitted with a steamer basket. Steam green beans and bell pepper until tender-crisp, 3 to 5 minutes. Trim whites off scallions and place the 8 long greens on the vegetables in the steamer during the last minute of cooking to soften. Transfer the vegetables to a large plate.
**2.** Divide the beans into 8 portions (10-14 beans each). To make a bundle, lay a scallion green on your work surface and place 1 portion of beans and 3 pieces bell pepper across it. Wrap the green around the vegetables and tie a knot to secure the bundle. Transfer to a serving platter. Repeat with the remaining vegetables.
**3.** Melt butter in a small skillet over medium heat; smash garlic flat, add to the pan and cook, swirling often, until the butter is nutty brown, 2 to 4 minutes. Discard the garlic. Stir in oil. Serve the bundles drizzled with the butter and sprinkled with salt and pepper.

**Per serving:** 73 calories; 5 g fat (2 g sat, 2 g mono); 8 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 2 g protein; 3 g fiber; 64 mg sodium; 170 mg potassium. **Nutrition bonus:** Vitamin A (58% daily value), Vitamin C (25% dv).

# Side Show!

## Roasted Brussels Sprouts with Pancetta & Sage

how hot how

**Makes:** 8 servings, about ⅔ cup each
**Active time:** 15 minutes **Total:** 35 minutes
**To make ahead:** Keep warm in a 225°F oven for up to 15 minutes.

*Pancetta—cured Italian-style bacon—seasons these sweet roasted Brussels sprouts with just enough salty flavor. Fresh sage adds an herbal note that will complement any holiday menu.*

- 1 large leek, white and light green part only, thinly sliced
- 2 pounds Brussels sprouts, trimmed and halved (about 8 cups)
- ½ cup chopped pancetta (2 ounces)
- 2 tablespoons finely chopped fresh sage
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Preheat oven to 450°F.
2. Rinse leek slices well to remove any grit, then pat dry. Combine with Brussels sprouts, pancetta, sage, oil, salt and pepper in a large roasting pan. Roast, stirring once, until the Brussels sprouts are tender, 18 to 20 minutes.

**Per serving:** 109 calories; 6 g fat (2 g sat, 3 g mono); 5 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 289 mg sodium; 416 mg potassium. **Nutrition bonus:** Vitamin C (130% daily value), Vitamin A (23% dv), Folate (20% dv).

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Roll out this free-form tart for any festive occasion. Sweet or savory, it's made for sharing.

# Galettes *for* All

*By* Anna Thomas

*Photography by Leigh Beisch*

I live in the country, and country blocks are big. Mine is 3.14 miles around, the famous number known as *Pi*—so a block party was organized to celebrate Pi Day, a morning walk around the block, then a potluck breakfast of pie and coffee. Pi and Pie.

I went rogue and brought a savory pie. And not just a pie, but a giant savory galette. I love these generous, free-form pastries—and what's not to love? Galettes are a party on a plate. Festive and flexible. All you need is a big cookie sheet and you're in business. Because you're not limited by the size of a pie pan, you can do whatever you want: make them big or small, fat or thin, sweet and rich or savory and packed with vegetables.

To make a galette, roll out a pastry circle, but don't fuss too much. Ragged edges are part of the fun. Then pile on your filling—fruits, nuts, chocolate for the sweet ones, roasted tomatoes, seared onions or spinach for the savories, leaving a border of pastry around the edge. Now fold that

WINE LIST

The gingerbread layer in this pear-apple dessert (*page 76*) pairs beautifully with sweet Muscat, such as the ***2009 Domaine de Durban Muscat de Beaumes-de-Venise,*** France ($17).

"I love the combination of luxury fillings wrapped in that tender pastry, with its slightly ragged edges loosely folded up, casual as a fringed pashmina tossed over a silk dress."

border up, casually, overlapping where it cracks... done! It's a rustic look that says: *Homemade! Delicious!*

I wasn't sure how many neighbors would show up for that Pi and Pie hike, but I was ready with my *big* galette, loaded with kale, roasted squash, onions and goat cheese. I carried it over on a cutting board, and was stunned to see about a hundred folks setting off to walk... and under the trees outside the barn, three long tables held a hundred pies!

My fat, golden-crusted galette sat there in its glory, easily twice the size of the dainty apple pies and pecan tarts. And within minutes, it was gone. I had to scramble for crumbs of my creation. (I'm not competitive at potlucks, really. Just saying...)

I decided at once that I needed a tasty galette for every occasion. The dough can come together in minutes. Plus, galettes can be baked ahead, served warm or cool. The sturdy pies are also brilliant travelers. My galettes now go to parties practically every week, and no one tires of them. At home, I build suppers around them. I make a savory galette with caramelized cabbage and mushrooms, the soul food of my Polish childhood, and find the flavors even more appealing when tucked in that slightly peppery crust.

In the holiday season, galettes take over my dessert table. My sweet galettes have seductive layers of apples and pears, wine-soaked figs or marzipan-like almond paste and dark chocolate, in a shortcrust infused with lemon zest. I love the combination of luxury fillings wrapped in that tender pastry, with its slightly ragged edges loosely folded up, casual as a fringed pashmina tossed over a silk dress. *I'm divine*, those pastries seem to say, *but I don't take myself too seriously, I'm just a pie.*

And what is a pie, after all, if not comfort wrapped in a crust, a happy moment of celebration, a little bit of love when you need it.

**ANNA THOMAS** *is the author of four best-selling cookbooks, including* The Vegetarian Epicure *and* Love Soup. *She is also an Academy Award-nominated screenwriter and producer.*

WINE LIST
Earthy pinot noir or Spanish mencia, such as the *2011 D. Ventura Viña do Burato* ($14), sings along with the portobello mushrooms.

## Cabbage & Mushroom Galette hcf

**Makes:** 8 servings
**Active time:** 1 hour 40 minutes
**Total:** 2¾ hours
**Equipment:** Parchment paper
**Cost per serving:** under $2.50

*When my boys were teenagers I'd bake this savory galette in the afternoon and we'd have it with salad for dinner. Now it's my go-to choice for parties. Caramelized cabbage, earthy mushrooms and salty queso fresco (a soft, fresh Mexican cheese also known as queso blanco) blend within flaky pastry. The result: a mouthwatering message of hospitality.*

Savory Galette Pastry (*page 75*)
All-purpose flour for rolling
3 tablespoons extra-virgin olive oil, divided
2 medium yellow onions, sliced
½ head Savoy cabbage (1-1¼ pounds), very thinly sliced
1 teaspoon salt, divided
Freshly ground pepper to taste
6 portobello mushroom caps (about 1¼ pounds)
3 large cloves garlic, chopped
2 teaspoons fresh thyme or 1 teaspoon dried
¼ cup dry sherry or Marsala
4 ounces crumbled *queso fresco* or feta cheese

**Versatile Party Pleaser:** *Serve slivers of this savory galette as an appetizer. Generous wedges can be the main event.*

1. Prepare pastry dough and refrigerate for at least 1 hour.
2. Heat 2 tablespoons oil in a large skillet over high heat. Add onions; cook, stirring, until translucent, 4 to 6 minutes. Add cabbage and ½ teaspoon salt (if necessary, add half the cabbage and cook it down for a minute or two before adding the rest). Reduce heat to medium and cook, stirring often, for 10 minutes. Then reduce heat to low, cover and cook, stirring occasionally, until greatly reduced and golden, 40 to 50 minutes. Season with a dash of pepper.
3. Meanwhile, scrape gills from mushroom caps; cut the caps into 1-inch pieces. Heat the remaining 1 tablespoon oil in another large skillet over medium-high heat. Cook garlic, stirring, for 1 minute. Add the mushrooms, thyme and the remaining ½ teaspoon salt. Cook, stirring often, until the mushrooms are tender and beginning to brown, about 10 minutes. Add sherry (or Marsala); cook, stirring, until it cooks away, about 1 minute. Add the mushrooms to the cabbage.
4. Preheat oven 400°F.
5. **To roll out pastry:** Dust a sheet of parchment paper, and the dough, with flour. Roll the dough out into a 15-inch circle. Go slowly and if it cracks just press the pieces together. Dust with flour as needed and keep the circle as even as you can, but don't worry about rough edges.
6. **To assemble & bake:** Spread the cabbage-mushroom mixture over the pastry, leaving a 2-inch border. Use the parchment to lift the edges of the pastry and fold loosely over the filling in 2- or 3-inch sections (*see inset, page 74*). It may crack as you fold it, but that's fine. Transfer the galette, parchment and all, onto a baking sheet. Trim off overhanging parchment.
7. Bake the galette for 20 minutes. Sprinkle with *queso fresco*. Continue baking until the cheese is melted and the pastry is lightly browned, 15 to 20 minutes more.
8. Let cool at least 15 minutes on the baking sheet. Lift parchment and galette onto a platter; slide the parchment out. Serve hot, warm or at room temperature.

**Per serving:** 359 calories; 19 g fat (7 g sat, 9 g mono), 27 mg cholesterol; 38 g carbohydrate; 0 g added sugars, 10 g protein, 7 g fiber, 577 mg sodium, 597 mg potassium. **Nutrition bonus:** Vitamin C (37% daily value), Folate (28% dv).

Don't get hung up on perfection when folding the dough. Cracks are just part of a galette's charm.

## Galette with Kabocha Squash & Kale hrf

**Makes:** 8 servings
**Active time:** 1½ hours **Total:** 2½ hours
**Equipment:** Parchment paper
**Cost per serving:** under $1.50

*A [illegible] made galette with winter squash and kabocha is a close second for this recipe.*

Savory Galette Pastry (*right*)
All-purpose flour for rolling
3 tablespoons extra-virgin olive oil, divided
2 medium yellow onions, sliced
1 teaspoon salt, divided
1 2-pound kabocha or buttercup squash
2 large cloves garlic, finely chopped
10 cups coarsely chopped kale (about 1 large bunch)
2 tablespoons water, plus more as needed
½ cup shredded Gouda cheese, divided
¼ cup pine nuts

1. Prepare pastry dough and refrigerate for at least 1 hour.
2. Preheat oven to 400°F. Coat a large baking sheet with oil or cooking spray.
3. Heat 1 tablespoon oil in a large skillet over high heat. Add onions and ½ teaspoon salt and cook, stirring, until just starting to lightly brown, 3 to 5 minutes. Reduce heat to medium-low, cover and cook, stirring occasionally, until soft and golden brown, 20 to 30 minutes.
4. Meanwhile, scrub squash (but don't peel it). Cut in half and remove the stem and seeds. Cut into fairly thin wedges, about ½ inch wide at the rind. Toss the squash with 1 tablespoon oil and ¼ teaspoon salt in a large bowl, rubbing lightly with your hands until all the slices are well coated. Spread in a single layer on the prepared baking sheet. Bake, turning the slices over about halfway through, until tender and browned, 30 to 35 minutes.
5. When the onions are done, push them to the edges of the pan; add the remaining 1 tablespoon oil to the center, then add garlic and cook, stirring, about 1 minute. Add kale and the remaining ¼ teaspoon salt; cook, stirring, until the kale is wilted, 3 to 5 minutes. Add 2 tablespoons water, cover and cook, stirring once or twice and adding water by the tablespoon if the pan is dry, until the kale is just tender, 10 to 15 minutes. Remove from heat and stir in ¼ cup cheese.
6. When the squash is done, reserve 6 of the prettiest slices. Cut the remaining slices into 1-inch pieces. Add the squash pieces to the kale mixture and combine.
7. **To roll out pastry:** Dust a sheet of parchment paper, and the dough, with flour. Roll the dough out into a 15-inch circle. Go slowly and if it cracks just press the pieces together. Dust with flour as needed and keep the circle as even as you can, but don't worry about rough edges.
8. **To assemble & bake:** Spread the onion-kale-squash mixture over the pastry, leaving a 2-inch border. Arrange the reserved squash slices decoratively on top and gently press into the filling. Sprinkle the remaining ¼ cup cheese and pine nuts on top.
9. Use the parchment to lift the edges of the pastry and fold loosely over the filling in 2- or 3-inch sections (*see inset, opposite*). It may crack as you fold it, but that's fine. Transfer the galette, parchment and all, onto a baking sheet. Trim off overhanging parchment.
10. Bake the galette until the pastry is golden brown, 30 to 35 minutes.
11. Let cool at least 15 minutes on the baking sheet. Lift parchment and galette onto a platter; slide the parchment out. Serve hot, warm or at room temperature.

**Per serving:** 423 calories; 23 g fat (7 g sat, 11 g mono); 31 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 10 g protein; 6 g fiber; 610 mg sodium; 740 mg potassium. **Nutrition bonus:** Vitamin A (334% daily value), Vitamin C (104% dv), Iron (25% dv), Folate & Potassium (21% dv), Calcium (20% dv), Magnesium (18% dv).

WINE LIST

The creamy and sweet squash in this galette beckons for a lightly oaked yet rich chardonnay, such as the *2011 Calera Central Coast Chardonnay*, California ($18).

## Galette Pastry

**Makes:** enough for a 12-inch galette
**Active time:** 20 minutes **Total:** 2 hours
**To make ahead:** Refrigerate for up to 1 day or freeze airtight for up to 3 months; thaw overnight in the refrigerator. Let stand at room temperature for 10 minutes before rolling.
**Equipment:** Parchment paper

*A little browned butter gives this versatile pastry dough a rich flavor and reduced-fat cream cheese makes it easier to handle without compromising the delicate, shortbread-like texture of the finished galette. For sweet galettes, add a little sugar and lemon zest; for savory ones, add freshly ground pepper.*

3 tablespoons butter
1 cup white whole-wheat flour (*see Tip, page 111*)
1 cup all-purpose flour
½ teaspoon salt
⅔ cup reduced-fat cream cheese (Neufchâtel)
3 tablespoons canola oil
2 tablespoons cold low-fat milk

**Sweet Variation:** Add 1 tablespoon sugar and 1½ teaspoons freshly grated lemon zest to the flour mixture in Step 2.
**Savory Variation:** Add ¼ teaspoon freshly ground pepper to the flour mixture in Step 2.

1. Melt butter in a small saucepan over medium heat. When it starts bubbling, cook, stirring and watching carefully so it doesn't burn, until golden brown, 2 to 6 minutes. Transfer to a metal bowl; refrigerate until solid again, 25 to 30 minutes.
2. Combine whole-wheat flour, all-purpose flour and salt in a food processor (*see variations, above*). Pulse once or twice to mix. Cut the butter and cream cheese into pieces; add and pulse until the mixture resembles coarse meal. Add oil and pulse until it looks like wet sand. Add milk and pulse until small clumps form.
3. Transfer the dough to a sheet of parchment paper and press into a ball, then press the ball into a disk about 8 inches wide. Wrap in the parchment and refrigerate for at least 1 hour and up to 1 day before rolling out.

**Web Bonus: Galettes Galore!** Get a variation of this recipe with a yeast dough plus two more galette recipes by Anna Thomas at eatingwell.com/go/galettes

FOOD STYLIST DAN SELCER; PROP STYLIST GLENN JENKINS; PAPER PRINT ©VALENTYN AGAPOV/SHUTTERSTOCK

## Pear & Apple Galette h•f

**Makes:** 12 servings
**Active time:** 1 hour 25 minutes
**Total:** 2½ hours
**Equipment:** Parchment paper

*A moist ginger crumble is the spicy surprise under the juicy pears and apples in this tart. Serve with a small scoop of vanilla ice cream.* (Photograph: page 71)

Sweet Galette Pastry (page 75)
All-purpose flour for rolling
Gingersnap Layer
⅔ cup old-fashioned rolled oats
½ cup all-purpose flour
½ cup sugar
¾ teaspoon ground ginger
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Pinch of ground cloves
Pinch of salt
Pinch of freshly ground pepper
2 tablespoons molasses
Fruit Layer
1 pound firm ripe pears, such as Bartlett *or* Bosc
1 pound tart apples, such as Granny Smith *or* Pippin
2 tablespoons fresh lemon juice
⅓ cup sugar
1 tablespoon all-purpose flour
Pinch of salt
Garnish & Glaze
1 tablespoon coarse *or* granulated sugar
Pinch of ground nutmeg
¼ cup apple or apricot jelly *or* fruit spread

1. Prepare pastry dough and refrigerate for at least 1 hour.
2. **To prepare gingersnap layer:** Combine oats, ½ cup flour, ½ cup sugar, ginger, cinnamon, nutmeg, cloves, salt and pepper in a food processor; pulse until the mixture looks like fine gravel. Add molasses and pulse briefly. Set aside.
3. **To prepare fruit layer:** Peel, quarter and core pears and apples. Cut into ½-inch-thick slices. Toss in a large bowl with lemon juice, ⅓ cup sugar, 1 tablespoon flour and salt.
4. **To roll out pastry:** Dust a sheet of parchment paper, and the dough, with flour. Roll the dough out into a 15-inch circle. Go slowly and if it cracks just press the pieces together. Dust with flour as needed and keep the circle as even as you can, but don't worry about rough edges.
5. Preheat oven to 375°F.
6. **To assemble & bake:** Spread the gingersnap mixture over the pastry, leaving a 2-inch border. Arrange overlapping slices of fruit in a concentric circle over the gingersnap layer. Drizzle any syrup left in the bowl over the fruit.
7. Use the parchment to lift the edges of the pastry and fold loosely over the filling in 2- or 3-inch sections (*see inset, page 74*). It may crack as you fold it, but that's fine. Combine 1 tablespoon sugar with a pinch of nutmeg and sprinkle on top. Transfer the galette, parchment and all, onto a baking sheet. Trim off overhanging parchment.
8. Bake the galette until the edges are lightly browned, 40 to 45 minutes.
9. Heat jelly (or fruit spread) in a small saucepan, stirring, until it looks like a thin glaze. Brush the glaze over the warm fruit with a pastry brush.
10. Let cool at least 15 minutes on the baking sheet. Lift parchment and galette onto a platter; slide the parchment out. Serve hot, warm or at room temperature.

**Per serving:** 325 calories; 9 g fat (3 g sat, 4 g mono); 15 mg cholesterol; 58 g carbohydrate; 21 g added sugars; 5 g protein; 4 g fiber; 188 mg sodium; 202 mg potassium. **Nutrition bonus:** Iron (15% daily value).

## Chocolate-Almond Galette with Caramel Hazelnuts h•f

**Makes:** 16 servings
**Active time:** 1¼ hours **Total:** 2½ hours
**Equipment:** Parchment paper

*This thin, beautiful chocolate-almond galette with caramelized hazelnuts makes a spectacular finish to a holiday meal.*

Sweet Galette Pastry (page 75)
All-purpose flour for rolling
Almond Paste
¾ cup blanched almonds
⅓ cup sugar
1 tablespoon all-purpose flour
2 large egg whites
½ teaspoon almond extract
Caramel Hazelnuts
1½ tablespoons butter
1 tablespoon low-fat milk
⅓ cup sugar
½ teaspoon salt
¾ cup whole hazelnuts, toasted and skinned (*see Tip, page 110*)
Chocolate & Garnish
3 ounces dark chocolate (60% cocoa), coarsely chopped
1 tablespoon low-fat milk
1 tablespoon sugar

1. Prepare pastry dough and refrigerate for at least 1 hour.
2. Preheat oven to 375°F.
3. **To prepare almond paste:** Grind almonds in a food processor into a fine meal. Add ⅓ cup sugar and 1 tablespoon flour and process again to combine, then add egg whites and almond extract and process briefly. Set aside.
4. **To prepare caramel hazelnuts:** Place a large sheet of parchment paper on a baking sheet. Melt butter with milk in a small saucepan over high heat. As soon as the butter melts, stir in ⅓ cup sugar and salt until combined. Reduce the heat to medium and let the mixture simmer without stirring until it just begins to color, 3 to 5 minutes. Add hazelnuts, increase heat to medium-high and stir to coat well. Continue to stir the mixture slowly but constantly until the caramel is brown and readily melts when it touches the pan, 3 to 6 minutes. If the caramel looks like it's starting to burn, immediately remove from heat. Pour the nuts onto the prepared baking sheet and quickly spread into a single layer. Don't worry if some stick together. Cool completely, then break into small pieces.
5. **To roll out pastry:** Dust a sheet of parchment paper, and the dough, with flour. Roll the dough out into a 15-inch circle. Go slowly and if it cracks just press the pieces together. Dust with flour as needed and keep the circle as even as you can, but don't worry about rough edges.
6. **To assemble & bake:** Spread the reserved almond paste over the pastry, leaving a 2-inch border. Scatter chocolate evenly over the almond paste, then scatter the caramel hazelnuts over the chocolate.

7. Use the parchment to lift the edges of the pastry and fold loosely over the filling in 2- or 3-inch sections (*see inset, page 74*). It may crack as you fold it, but that's fine. Lightly brush the top of the pastry with milk and sprinkle with 1 tablespoon sugar. Transfer the galette, parchment and all, onto a baking sheet. Trim off overhanging parchment.
8. Bake the galette until the edges just start to brown, 30 to 35 minutes.
9. Let cool at least 15 minutes on the baking sheet. Lift parchment and galette onto a platter; slide the parchment out. Serve hot, warm or at room temperature.

**Per serving:** 281 calories; 17 g fat (5 g sat, 9 g mono); 15 mg cholesterol; 28 g carbohydrate; 12 g added sugars, 6 g protein; 3 g fiber; 203 mg sodium; 175 mg potassium.

**Easy & Elegant Holiday Tarts** Get recipes for Pumpkin Coconut Tart and more at eatingwell.com/go/tarts

CRANBERRIES ON THE CAPE

# NATIVE HARVEST

Cranberries have graced the landscape of Cape Cod and southeastern Massachusetts for centuries. An April-to-November growing season coupled with cold winter temperatures, acid peat soil, abundant fresh water and sand allow them to prosper in an environment that's less than hospitable to many other plants. They still grow wild among the sand dunes of the outer Cape, but have been cultivated in the region since the early 1800s. The holiday season is the perfect time to use these fresh, bright berries in dishes as diverse and special as savory glazed turkey breast, tart cranberry sauce and a sweet, oh-so-creamy cheesecake.

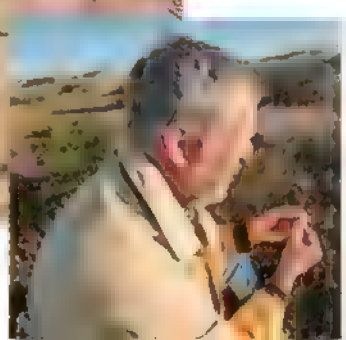
*By* Carolyn Malcoun

~

PHOTOGRAPHY BY RUSS SCHLEIPMAN
FOOD PHOTOGRAPHY BY ANDREW SCRIVANI

**CULTIVATED BOUNTY**
Dom Fernandes (*opposite, top*) farms some of the same bogs his grandfather began building in 1945 at Fresh Meadows Farm. Fernandes grows two heirloom varieties to sell fresh—Early Black (*right*) and Howe. They're harvested dry, a more laborious method, without flooding the bogs. Heirloom cranberries have recently been edged out for higher-yielding varieties that lend themselves to wet harvesting and processing (for juice, sauce, dried fruit). Try fresh cranberries in a sauce with oranges (*opposite*) this Thanksgiving.

**TREASURE IN THE DUNES**
Cranberry expert Frank Caruso walks through the High Head dunes in North Truro, one of the hidden stashes of wild cranberries on Cape Cod. American mariners and whalers were big fans—lots of vitamin C and a long shelf life made cranberries key to preventing scurvy on long sea voyages.



## Orange Cranberry Sauce

h×w h♥h

**Makes:** 4½ cups
**Active time:** 15 minutes **Total:** 40 minutes
**To make ahead:** Cover and refrigerate for up to 1 week.

*Orange juice and fresh orange segments brighten the flavors in this traditional cranberry sauce. Spread the leftovers on a turkey sandwich or stir into plain yogurt for breakfast.*

- 4 medium navel oranges, divided
- Water, as needed
- 2 12-ounce bags fresh cranberries (6 cups)
- 1¼ cups packed light brown sugar
- ¼ teaspoon ground cloves
- Pinch of salt

1. Use a sharp knife to slice the ends off 3 oranges and remove the peels and white pith; discard. Working over a bowl, cut the orange segments from their surrounding membranes. Squeeze the juice into the bowl before discarding the membranes. Leaving the segments in the bowl, pour the juice from the oranges into a measuring cup. Juice the remaining orange and add the juice to the measuring cup. If necessary, add water to make ⅔ cup liquid total.
2. Combine the juice, cranberries, brown sugar, cloves and salt in a large nonreactive saucepan (*see Tip, page 110*). Bring to a boil over medium-high heat. Reduce heat to medium-low and cook, stirring occasionally, until thickened, about 15 minutes.
3. Let cool for 10 minutes. Stir in the reserved orange segments. Serve warm, room temperature or cold.

**Per ¼ cup:** 89 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 15 g added sugars; 0 g protein; 2 g fiber; 13 mg sodium; 101 mg potassium. **Nutrition bonus:** Vitamin C (38% daily value).

Pork loin is a perfect match for a tart-and-sweet cranberry stuffing. Use a food processor to make quick work of chopping cranberries for the filling—just pulse a few times until they are coarsely chopped.

SCARLET BEAUTY: Great white herons are one of the many species of wildlife that [illegible] The name "cranberry" comes from "crane berry" [illegible] to the red head of the sandhill crane.

## Cranberry-Rosemary Stuffed Pork Loin

how to

**Makes:** 12 servings
**Active time:** 1 hour
**Total:** 4 hours (including 2 hours brining time)
**To make ahead:** Tightly wrap stuffed and tied pork loin and refrigerate for up to 1 day. Let stand at room temperature for about 20 minutes before proceeding with Step 6 and while the oven heats. **Equipment:** Kitchen string
**Cost per serving:** under $2

*Don't be scared by the task of double butterflying a pork loin: the process is fairly simple and the results are gorgeous, especially when it's bursting with this cranberry- and rosemary-flecked stuffing.*

Brine
- ¼ cup packed brown sugar
- ¼ cup kosher salt
- 1 tablespoon chopped fresh rosemary
- 2 cups boiling water
- 12 ice cubes

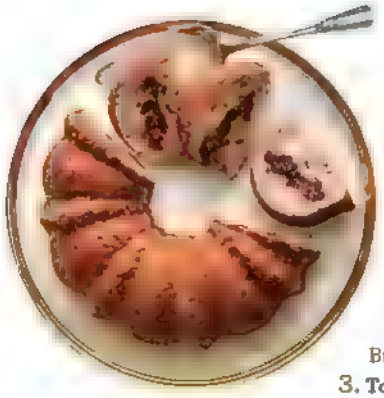
Pork Loin & Stuffing
- 1 3-pound pork loin, trimmed
- 2 tablespoons canola oil, divided
- ½ cup chopped pancetta or prosciutto
- 1½ cups chopped fresh cranberries (*see Tip, opposite*)
- ½ cup fresh coarse whole-wheat breadcrumbs
- 2 tablespoons packed brown sugar
- 1 tablespoon chopped fresh rosemary
- ¾ teaspoon freshly ground pepper, divided

1. **To prepare brine:** Place ¼ cup brown sugar, salt and rosemary in a 9-by-13-inch baking dish. Pour in boiling water and stir to dissolve. Stir in ice cubes.
2. **To butterfly & brine pork:** You're going to double butterfly the pork loin so it can be flattened, stuffed and rolled. To do that, you'll make two long horizontal cuts, one on each side, dividing the roast in thirds without cutting all the way through. Place the roast on a cutting board. Holding the knife blade flat, so it's parallel to the board, make a lengthwise cut into the side of the roast just above the center, stopping short of the opposite edge so that the flap remains attached. Rotate the tenderloin 180°. Still holding the knife parallel to the cutting board, make a lengthwise cut into the side opposite the original cut, just below the center, taking care not to cut all the way through. Open up the two cuts so you have a large rectangle of meat. Cover with a sheet of plastic wrap and pound to an even thickness of about ½ inch. Place the butterflied pork in the brine, adding more water to cover, if necessary. Cover and refrigerate for at least 2 hours and no more than 4 hours.
3. **To prepare stuffing:** Meanwhile, heat 1 tablespoon oil in a medium skillet over medium heat. Add pancetta (or prosciutto) and cook, stirring, until crisp, about 4 minutes. Transfer to a medium bowl along with any drippings from the pan. Stir in cranberries, breadcrumbs, 2 tablespoons brown sugar and rosemary. Refrigerate until ready to use.
4. Remove pork from brine (discard brine); rinse well and thoroughly dry with paper towels. Season the pork with ½ teaspoon pepper. Spread the cranberry stuffing over the pork. Roll tightly and secure in 4 places with kitchen string. Sprinkle with the remaining ¼ teaspoon pepper.
5. Preheat oven to 375°F. Line a rimmed baking sheet with foil.
6. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the pork; brown on all sides, turning often, 5 to 8 minutes total. Place on the prepared baking sheet.
7. Roast the pork, turning twice, until an instant-read thermometer inserted into the thickest part of the meat (not the stuffing) registers 140°F, 45 minutes to 1 hour.
8. Transfer to a clean cutting board and let rest for 10 minutes. Slice and serve.

**Per serving:** 181 calories; 9 g fat (3 g sat, 4 g mono); 48 mg cholesterol; 6 g carbohydrate; 3 g added sugars; 17 g protein; 1 g fiber; 277 mg sodium; 260 mg potassium.

## Cranberry Bundt Cake

**hff**



**Makes:** 16 servings
**Active time:** 30 minutes **Total:** 4 hours (including 2 hours cooling time)
**To make ahead:** Tightly wrap cooled, unglazed cake and hold at room temperature for up to 1 day. Glaze before serving.
**Equipment:** 10-cup Bundt pan or tube pan

*Greek yogurt and shredded apple or pear keep this cranberry-walnut Bundt cake particularly moist. If you're not a fan of allspice, try cinnamon or pumpkin pie spice in the filling. For a nut-free variation, omit the walnuts in the cake or use chopped dried cranberries in their place.*

Filling
- 1 12-ounce package fresh cranberries
- ½ cup packed dark brown sugar
- ¼ cup 100% cranberry juice *or* water
- ½ teaspoon ground allspice *or* pumpkin pie spice

Cake
- 1½ cups white whole-wheat flour (*see Tip, page 111*)
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1½ cups nonfat plain Greek yogurt
- 1 teaspoon vanilla extract
- 4 tablespoons unsalted butter, softened
- ¼ cup canola oil
- 1½ cups granulated sugar
- 3 large eggs
- 1 medium apple *or* ripe but firm pear, shredded
- ¾ cup chopped toasted walnuts

Glaze
- ½ cup packed confectioners' sugar
- 1-2 tablespoons water

1. **To prepare filling:** Combine cranberries, brown sugar, juice (or water) and allspice (or pumpkin pie spice) in a small nonreactive saucepan (*see Tip, page 110*). Cook over medium-high heat, stirring, until the sugar is melted. Continue to cook, stirring occasionally, until most of the cranberries have burst, 5 to 6 minutes. Set aside.
2. Preheat oven to 350°F. Coat a 10-cup Bundt or tube pan with cooking spray
3. **To prepare cake:** Whisk whole-wheat flour, all-purpose flour, baking powder, salt and baking soda in a medium bowl. Combine yogurt and vanilla in a small bowl.
4. Beat butter, oil and granulated sugar in a large mixing bowl with an electric mixer on medium-high speed until well combined. Add eggs, one at a time, beating after each addition until just incorporated. Scrape down the sides. Add the dry ingredients alternately with the yogurt mixture, starting and ending with the dry ingredients and beating on low speed just until incorporated after each addition, scraping down the sides as necessary. Fold in apple (or pear) and walnuts.
5. Spoon half the batter into the prepared pan. Spoon the filling on top of the batter, leaving a little border of batter on both sides. Top with the remaining batter and smooth the top.
6. Bake the cake until light brown and a toothpick inserted in the center comes out clean, about 1 hour. Let cool in the pan for 15 minutes. Run a knife around the edges and center, then turn out onto a wire rack to cool completely, about 2 hours.
7. **To prepare glaze:** Place confectioners' sugar in a small bowl. Add 1 tablespoon water and stir until smooth. Add more water as needed to achieve a thick glaze consistency. Paint the glaze over the cooled cake with a pastry brush.

**Per serving:** 330 calories; 11 g fat (3 g sat, 4 g mono); 43 mg cholesterol; 53 g carbohydrate; 29 g added sugars; 7 g protein; 3 g fiber; 148 mg sodium; 110 mg potassium.

## Cranberry-Lime Cheesecake

**Makes:** 12 servings
**Active time:** 40 minutes **Total:** 7 hours (including cooling & chilling times)
**To make ahead:** Prepare through Step 6, tightly wrap the cold cheesecake and refrigerate for up to 1 day. Hold topping at room temperature for up to 4 hours or cover and refrigerate for up to 1 day.
**Equipment:** 9-inch springform pan, heavy-duty foil

*One bite of this light and airy cheesecake and this will become your go-to recipe. Part-skim ricotta cheese adds a delicate texture and stands in for some of the higher-fat cream cheese. The jewel-like cranberry topping makes it a festive dessert for the holidays. Be sure to use a large, wide piece of heavy-duty foil to wrap the pan—the foil helps prevent water from seeping into the cake as it bakes.*

Cheesecake

- 1 cup graham cracker crumbs, preferably whole-wheat (*see Tip, page 110*)
- 1 tablespoon canola oil
- 1 15-ounce container part-skim ricotta cheese
- 2 8-ounce packages reduced-fat cream cheese, at room temperature
- 2 limes, zested and juiced
- 4 large eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- ½ teaspoon salt

Topping

- 1½ cups fresh cranberries
- ½ cup water
- ⅓ cup sugar
- Pinch of salt
- 1 lime, juiced
- 1 tablespoon cornstarch

1. **To prepare cheesecake:** Preheat oven to 325°F. Coat a 9-inch springform pan with cooking spray. Tightly wrap the outside of the pan, bottom and sides, with a large piece of heavy-duty foil. Put a kettle of water on to boil for the water bath.
2. Combine graham cracker crumbs and oil in a small bowl. Press into the bottom of the prepared pan.
3. Process ricotta in a food processor (or blender) until smooth. Add cream cheese and puree until smooth. Add 2 teaspoons of the lime zest, 5 tablespoons of the lime juice, eggs, 1 cup sugar, vanilla and ½ teaspoon salt; process until smooth. Scrape into the prepared crust.
4. Place the cheesecake in a roasting pan. Pour enough boiling water into the roasting pan to come 1 inch up the side of the springform pan to create a hot water bath for the cake. Carefully transfer the roasting pan to the center of the oven. Bake the cheesecake until set around the edges but the center still jiggles slightly, 1¼ to 1½ hours.
5. Transfer the roasting pan to a wire rack. Let the cheesecake cool in the water bath until the water is room temperature, about 2 hours.
6. Remove the pan from the water bath. Remove the foil. Refrigerate, uncovered, until very cold, at least 3 hours.
7. **To prepare topping:** Combine cranberries, water, ⅓ cup sugar and pinch of salt in a medium nonreactive saucepan (*see Tip, page 110*). Bring to a boil over medium-high heat. Combine 2 tablespoons lime juice and cornstarch; stir into the pan. Cook, stirring, until thickened, about 1 minute. Let cool completely before spooning onto the cheesecake.

**SUPER FRUIT**
Cranberries get their beautiful jewel-tone color from the powerful antioxidants anthocyanins, which boast anti-aging and anti-inflammatory properties.

**Per serving:** 318 calories; 15 g fat (7 g sat, 5 g mono); 101 mg cholesterol; 36 g carbohydrate; 25 g added sugars; 10 g protein; 1 g fiber; 349 mg sodium; 161 mg potassium. **Nutrition bonus:** Calcium (16% daily value).

## Cranberry Glazed Turkey Breast with Wild Rice Pilaf

h½f h♥h

**Makes:** 6 servings, 3 ounces turkey and ¾ cup pilaf each
**Active time:** 45 minutes **Total:** 2 hours
**To make ahead:** Prepare cranberry glaze (Step 3), cover and refrigerate for up to 3 days; reheat before using.
**Cost per serving:** under $6

*A split bone-in turkey breast is the perfect thing to make if you're serving a smaller crowd at your holiday gathering and don't care for leftovers or if you simply want a festive Sunday dinner. The pilaf is delicious on its own—consider making it for your holiday spread even if you don't prepare the turkey*

Pilaf
- 2 tablespoons extra-virgin olive oil, divided
- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 medium shallot, finely chopped
- 1 clove garlic, minced
- 2½ cups water
- 1 cup wild rice
- ½ cup dried cranberries
- ½ cup chopped toasted pecans or walnuts
- 2 teaspoons finely chopped fresh sage
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper

Cranberry Glaze & Turkey
- 2 cups fresh cranberries
- ½ cup pure maple syrup
- ¼ cup water
- 1 clove garlic, peeled
- ¾ teaspoon kosher salt, divided
- 1 split bone-in turkey breast (about 4 pounds), skin removed
- ½ teaspoon freshly ground pepper

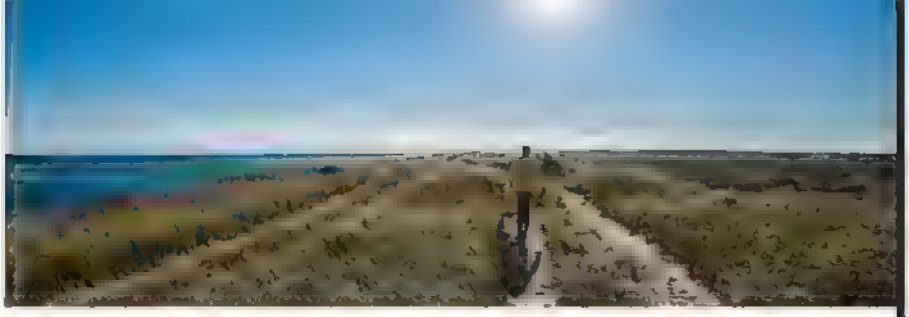
1. Preheat oven to 400°F.
2. **To prepare pilaf:** Heat 1 tablespoon oil in a large saucepan over medium heat. Add carrot, celery, shallot and garlic; cook, stirring, until softened, about 3 minutes. Add water and rice. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer. Cover and cook until the rice is split and tender, 45 minutes to 1 hour. Drain any excess liquid. Stir in dried cranberries, nuts, sage, salt, pepper and the remaining 1 tablespoon oil; cover and let stand until ready to serve.
3. **Meanwhile, prepare glaze & turkey:** Combine fresh cranberries, maple syrup, water, garlic and ¼ teaspoon salt in a medium saucepan. Bring to a simmer over medium heat. Cook, stirring frequently, until the cranberries start to split, 1 to 2 minutes. Transfer to a blender and let cool for 5 minutes. Puree until smooth (use caution when pureeing hot liquids). Set aside half the glaze for serving with the turkey. You'll use the other half for basting.
4. Place turkey bone-side down in a small roasting pan. Sprinkle all over with the remaining ½ teaspoon salt and pepper. Roast for 30 minutes. Generously brush the turkey with some of the cranberry basting glaze. Roast for 15 minutes more, then baste again with more glaze.
5. Continue roasting until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 30 to 45 minutes more.
6. Transfer the turkey to a clean cutting board and let rest for 10 minutes. Reheat the cranberry glaze that was reserved for serving, if desired. Slice the turkey and serve with the glaze and rice pilaf.

**Per serving:** 491 calories; 13 g fat (2 g sat, 8 g mono); 94 mg cholesterol; 56 g carbohydrate; 22 g added sugars; 40 g protein; 5 g fiber; 363 mg sodium; 635 mg potassium. **Nutrition bonus:** Vitamin A (36% daily value), Zinc (29% dv), Magnesium (23% dv), Potassium (18% dv), Iron (16% dv).

# SOMEWHERE, A FORK SALESMAN WEEPS.

Find the recipe for Broccoli Cheese Soup at vitamix.com

Vitamix.



## Cranberry-Pecan Cinnamon Rolls

**Makes:** 12 rolls
**Active time:** 30 minutes **Total:** 1 hour
**To make ahead:** Refrigerate topping (Step 2) and dough (Step 3) in separate containers for up to 1 day. **Equipment:** Muffin tin with 12 (½-cup) cups

*These cranberry-pecan cinnamon rolls are a cinch to put together—no kneading, no actual rolling of any dough. Great for a Christmas morning treat or the perfect addition to any brunch menu.*

- 3 tablespoons butter, melted
- ¼ cup packed light brown sugar
- ¼ cup brown rice syrup *or* light corn syrup
- 1 cup chopped fresh cranberries (*see Tip, page 82*)
- ⅓ cup chopped pecans
- 1½ teaspoons ground cinnamon, divided
- 1 cup white whole-wheat flour (*see Tip, page 111*)
- 1 cup all-purpose flour
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 tablespoons cold butter, cut into pieces
- 1 cup cold buttermilk
- 2 tablespoons canola oil

1. Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray.
2. Combine melted butter, brown sugar, brown rice syrup (or corn syrup), cranberries, pecans and 1 teaspoon cinnamon in a small bowl. Divide among the muffin cups, spreading about 1 tablespoon in the bottom of each.
3. Whisk whole-wheat flour, all-purpose flour, granulated sugar, baking powder, salt, baking soda and the remaining ½ teaspoon cinnamon in a large bowl. Add cold butter and, using two knives (or your fingertips), cut (or crumble) the butter until it's the size of small peas. Drizzle with buttermilk and oil; stir just until combined. Spoon the batter on top of the cranberry mixture, using about 2 tablespoons for each.
4. Bake rolls until lightly brown around the edges, 18 to 20 minutes. Cool in the pan for 10 minutes, then run a knife around the edges of each to loosen. Place a large serving tray over the pan and invert the rolls onto it. Spoon any topping left in the pan onto the rolls. Serve warm.

**Per serving:** 219 calories; 10 g fat (4 g sat, 4 g mono); 14 mg cholesterol; 31 g carbohydrate; 10 g added sugars; 4 g protein; 2 g fiber; 280 mg sodium; 102 mg potassium.

**More Great Cranberry Recipes** Get our stunning Cranberry Coconut Trifle recipe and more at eatingwell.com/go/cranberries

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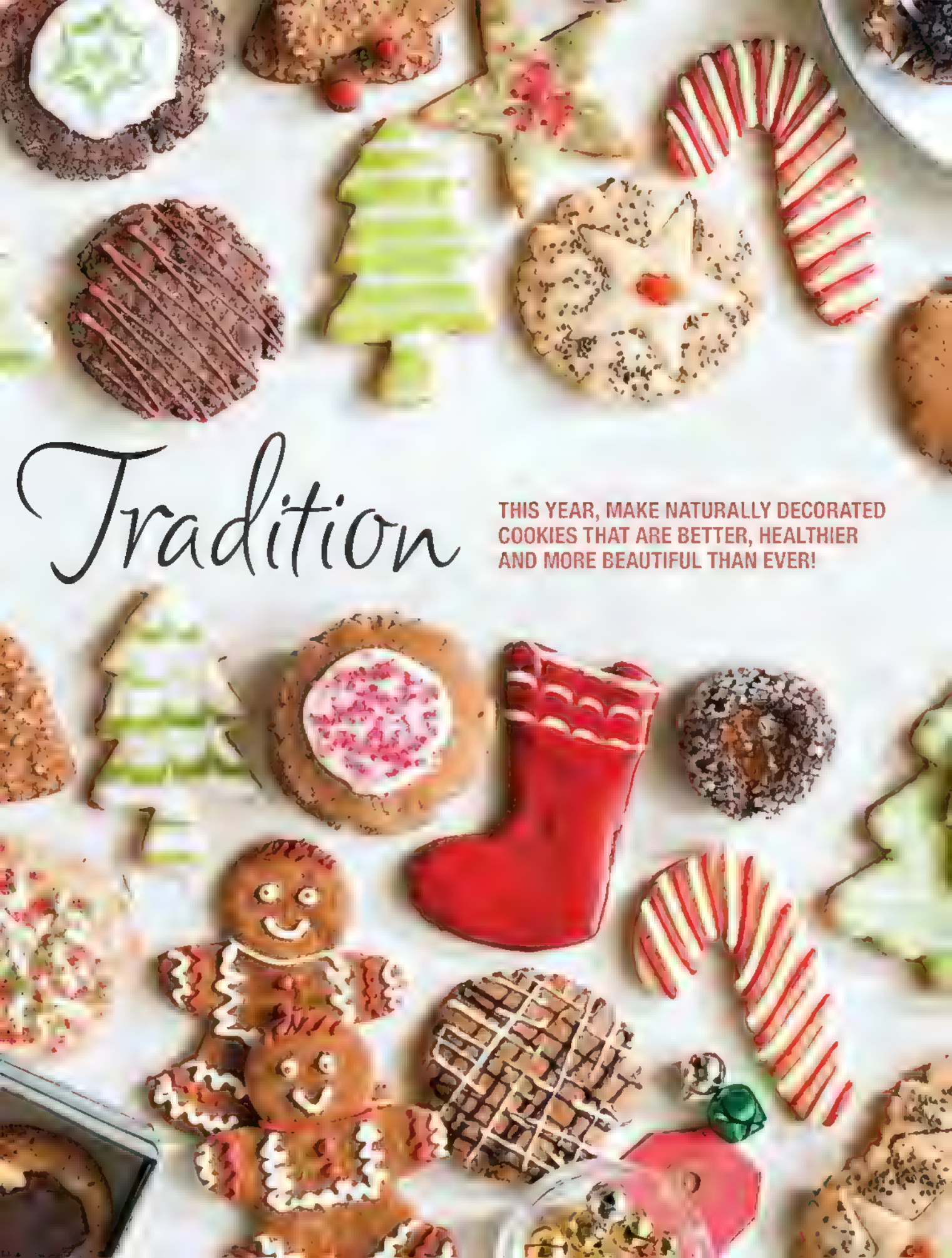
# A New Cookie

**Ten years ago I started making Christmas cookies with my first grandchild, Charlie.** I threw together a basic sugar cookie dough, cut out shapes, baked them and we were ready for decorating. For decades before that I was a typical cookie-decorating fanatic—I'd reach for artificially colored dyes, pastes and sprinkles. Sure, I'd heard the concerns about synthetic dyes and I'd understood the argument that incorporating any iffy additives into food strictly for cosmetic reasons is foolhardy. But it wasn't until then, as I looked at my cherubic grandchild, that I decided to make a change.

I stirred cranberry juice concentrate into powdered sugar. I got a subtle pink icing that delighted Charlie. I felt clever and relieved. In the years that followed, Charlie's baby sister, Lizzie, joined in and we added more colors and decorated with everything from fruits and herbs to spices, seeds and flowers. The cookies got ever more beautiful This year, I am sharing with you three of my healthier cookie doughs—sugar, chocolate and gingerbread. Each can be made into different shapes. And of course all can be decorated just as Charlie, Lizzie and I have been doing these past 10 years... naturally.

By Nancy Baggett

PHOTOGRAPHY BY HELEN NORMAN



# Tradition

THIS YEAR, MAKE NATURALLY DECORATED COOKIES THAT ARE BETTER, HEALTHIER AND MORE BEAUTIFUL THAN EVER!

# Choose a Dough!

*These doughs are healthier than most, with whole grains and less butter. Plus, you can make them in less than 30 minutes and refrigerate until you're ready to bake. All three are amazing for thumbprints and thins; for cut-outs, use the gingerbread or sugar cookie dough (the delectably chunky chocolate doesn't cooperate for rolling).*

## Chocolate Cranberry Hazelnut

- 1¼ cups chopped semisweet *or* bittersweet chocolate (about 6 ounces)
- ⅔ cup unsweetened cocoa powder, American-style *or* Dutch-process
- ½ cup granulated sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 large eggs
- ¼ cup honey
- 3 tablespoons canola oil *or* corn oil
- 2½ teaspoons vanilla extract
- 1 cup all-purpose flour
- ⅔ cup white whole-wheat flour (*see Tip, page 111*)
- ⅔ cup sweetened dried cranberries, coarsely chopped
- ⅔ cup chopped toasted and skinned hazelnuts (*see Tip, page 110*) *or* chopped almond slivers

Grind chocolate in a food processor using on/off pulses until coarsely ground. Transfer to a mixing bowl and add cocoa, sugar, baking powder and salt; stir until blended. With an electric mixer on low, then medium speed, add eggs, then honey, oil and vanilla and beat until combined. Beat in all-purpose and whole-wheat flour, then cranberries and nuts until thoroughly incorporated. (The dough will be stiff.) Shape the dough into cookies (*see pages 93-95*) or cover and refrigerate for up to 1 day.

**Makes:** 4 dozen Thumbprints *or* Thins.

## Gingerbread

- 2 cups all-purpose flour
- 1 cup white whole-wheat flour (*see Tip, page 111*)
- 1 tablespoon ground cinnamon
- 1½ teaspoons ground ginger
- 1 teaspoon baking powder
- ¾ teaspoon ground cloves
- ¼ teaspoon salt
- ⅓ cup canola oil *or* corn oil
- 4 tablespoons unsalted butter, slightly softened
- ⅔ cup packed dark brown sugar
- ½ cup molasses (not blackstrap)
- 1 large egg
- Finely grated zest of 1 orange

1. Whisk all-purpose flour, whole-wheat flour, cinnamon, ginger, baking powder, cloves and salt together in a medium bowl. Beat oil, butter, brown sugar, molasses, egg and orange zest in a mixing bowl with an electric mixer on low speed until well blended.
2. With the mixer on low speed, then medium speed, beat about half the flour mixture into the wet ingredients until incorporated. Beat in the remaining flour mixture until just incorporated. Let the dough stand for 5 minutes; it should be somewhat firm, but not at all dry. If it seems overly sticky, stir in up to 2 additional tablespoons of all-purpose flour. Shape the dough into cookies (*see pages 93-95*) or cover and refrigerate for up to 1 day.

**Makes:** 4 dozen Thumbprints *or* Thins; 3 dozen 2½- to 3-inch Cut-Outs.

## Lemon Almond

- 2 cups all-purpose flour
- ⅔ cup white whole-wheat flour (*see Tip, page 111*)
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ⅓ cup canola oil *or* corn oil
- 4 tablespoons unsalted butter, slightly softened
- ½ cup plus 1 tablespoon granulated sugar
- 1 large egg
- Finely grated zest of 1 medium lemon
- ¼ cup plus 1 tablespoon honey
- 2½ teaspoons vanilla extract
- ½ teaspoon almond extract *or* lemon extract

1. Whisk all-purpose flour, whole-wheat flour, baking powder and salt together in a medium bowl. Beat oil, butter, sugar, egg and zest in a mixing bowl with an electric mixer on low speed until well blended. Beat in honey, vanilla and almond (or lemon) extract until incorporated.
2. With the mixer on low speed, then medium speed, beat about half the flour mixture into the wet ingredients until incorporated. Beat in the remaining flour mixture until just incorporated. Shape the dough into cookies (*see pages 93-95*) or cover and refrigerate for up to 1 day.

**Makes:** 4 dozen Thumbprints *or* Thins; 3 dozen 2½- to 3-inch Cut-Outs.

**For nutrition analysis per cookie, see the recipe index on page 4.**

Sugar cookie with cinnamon sugar & chocolate icing
Chocolate with almonds & cherry preserves
Chocolate with sanding sugar & apricot jam
Gingerbread with candied ginger & raspberry jam

# Thumbprint Cookies

*For basic thumbprints, use the gingerbread with orange marmalade (below), start with one batch of any of the doughs and ½ cup of fruit preserves, jam or chocolate icing for the filling. To dress them up like the rest of the thumbprints on this page, add any Bits & Sprinkles (page 96) or Icings (page 98).*

1. Position a rack in middle of oven; preheat to 350°F. Line a large baking sheet(s) with parchment paper.
2. Divide dough into quarters. Roll each quarter into a 9-inch "log." Slice the log into 12 equal pieces. Roll each piece into a ball. Leave plain or roll each ball into a Bits & Sprinkles decoration (page 96), then place about 1½ inches apart on a prepared baking sheet. Press a well into the center of each cookie with a thumb. Fill with about ½ teaspoon preserves, jam or very cold chocolate icing (*see recipe, page 98*).
3. Bake the cookies on the center rack, one pan at a time, until firm when pressed near the edge, 8 to 12 minutes. Let stand for 5 minutes, then transfer to wire racks to cool to room temperature. Decorate with icing (*page 98*), if desired.







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Sugar cookie with green sugar & strawberry jam
Chocolate with raspberry jam, a hazelnut & chocolate icing
Gingerbread with orange marmalade

# Cookie Thins

*To make cookie thins, start with one batch of any of the doughs (page 92) plus ½ cup granulated sugar and canola oil cooking spray. Leave your thins simple or turn to pages 96 and 98 to see how to add decorations like those on this page.*

1. Line a large baking sheet(s) with parchment paper.
2. Divide dough into quarters. Roll each quarter into a 9-inch "log." Divide the log into 12 equal pieces. Roll each piece into a ball. Place on a prepared baking sheet and refrigerate until very cold, about 1 hour.
3. Position a rack in middle of oven; preheat to 350°F.
4. Place granulated sugar on a small plate. One at a time, dip the top of each ball of dough into the sugar; place, sugar side up, about 2½ inches apart on another prepared baking sheet. Coat the bottom of a wide glass with cooking spray, then dip it into the sugar. Flatten the balls with the glass to make cookies about 2¼ inches in diameter, dipping the glass into the sugar between cookies and spraying it as needed. Add Bits & Sprinkles decorations (*page 96*), if desired.
5. Bake the cookies on the center rack, one pan at a time, until just firm to the touch, 8 to 13 minutes. Let stand for 5 minutes, then transfer to wire racks to cool. Decorate with icing (*page 98*) and Bits & Sprinkles, if desired.

# Cut-Out Cookies

*For cut out cookies, start with either the Sugar or Gingerbread cookie dough (page 92) and 2½- to 3-inch cookie cutters. Find all your decorating options on pages 96 and 98.*

1. Divide dough into thirds. Place one third on a 12-inch-long sheet of parchment paper and shape into a disk. Top with a second sheet of parchment. Roll the dough out between the parchment into an 8-inch circle about ¼ inch thick. Place the dough in the paper on a baking sheet. Repeat with the remaining dough. Freeze on the baking sheet until cold and firm, at least 30 minutes and up to 1 day. Place another baking sheet in the freezer to chill too (it will be used under the dough as the cookies are cut out).
2. Position a rack in middle of oven; preheat to 350°F. Line a large baking sheet(s) with parchment paper.
3. Working with one portion of dough at a time, remove from the freezer and place on the chilled baking sheet. Remove the top sheet of parchment and cut out cookies with 2½- to 3-inch cutters. Transfer to a prepared baking sheet with a wide, thin spatula, spacing about 1½ inches apart. Repeat with the remaining dough. Add Bits & Sprinkles decorations (*page 96*), if desired. (If the dough gets too soft, freeze until firm again. As you cut out cookies, set aside the scraps. Shape all the scraps back into a disk and reroll between parchment. Freeze for at least 30 minutes before cutting out.)
4. Bake the cookies on the center rack, one pan at a time, until browned on the bottom, 6 to 12 minutes. Let stand for 5 minutes, then transfer to wire racks to cool. Decorate with icing (*page 98*) and Bits & Sprinkles, if desired.

Sugar cookies with piped icing

Chia seeds
Clear sanding sugar
Cinnamon sugar
Natural red sanding sugar (above) & sanding sugar dyed with cranberry juice concentrate
Natural green sanding sugar (above) & sanding sugar dyed with matcha green tea powder (right)
Candied ginger
Chopped pistachios
Skinned hazelnuts (see Tip, page 110)
Sanding sugar dyed with orange juice concentrate
Toasted coconut flakes
Slivered almonds

# Bits & Sprinkles

*Skip the silver balls, artificially colored sprinkles and fluorescent candied cherries to adorn your cookies. Instead, decorate with nature's beautiful ingredients—like nuts and seeds, dried fruit and naturally colored decorating sugars. Plan on ½ to 1 cup total Bits & Sprinkles for each batch of cookies.*

**To Decorate Thumbprints:** Roll balls of thumbprint dough in any of these Bits & Sprinkles before baking.
**To Decorate Cookie Thins and Cut-Outs:** Before baking, sprinkle any of these Bits & Sprinkles onto cookies and gently pat to help them adhere.
**To Make an Etched Design on a Cut-Out Cookie or Cookie Thin:** Lightly press a smaller cookie cutter into (but not through) the dough. For an example, see the star cookie on page 94.

## Natural Decorating Sugar

*Juice concentrates or premade all-natural dyes can create a rainbow of colored sprinkles from clear (or white) sanding sugar. The only trick is that the colored sugar needs to be dried in the oven before use.*

**To dye clear (or white) sanding sugar:**
**1.** Place ⅓ cup sanding sugar in a small bowl. Add 1 teaspoon frozen (thawed) juice concentrate or a few drops of natural liquid dye or ⅛–½ teaspoon matcha green tea powder (dissolved in 1 teaspoon hot water) until evenly blended. If the mixture seems very wet, stir in up to 2 tablespoons more sugar. (*Sources for sugars, dyes and green tea: page 98*)
**2.** Spread the colored sugar in a thin layer on a small parchment-lined baking sheet. Turn on the oven to 350°F for 2 minutes, then immediately turn it off. (The warm oven dries the sugar, but too much heat will burn it.) Let the sugar stand in the oven for 1½ hours. Store airtight at room temperature for up to 1 year.
**Makes:** about ⅓ cup, to garnish 4 to 5 dozen medium cookies.

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# Icing Magic

*Drizzle, coat or pipe cooled cookies with icing. Deck them out with Bits & Sprinkles (page 96) while the icing is still wet.*

**CLASSIC RED**
Colored with "holiday" red natural liquid dye

**PINK**
Colored with frozen (thawed) cranberry juice concentrate

**YELLOW**
Colored with frozen (thawed) orange juice concentrate

Use this icing as the base for a rainbow of natural decorating colors

**PALE GREEN**
Colored with ⅛ tsp. matcha green tea powder dissolved in 1 Tbsp. hot water

**BRIGHT GREEN**
Colored with ½ tsp. matcha green tea powder, dissolved in 1 Tbsp. hot water

**CLASSIC GREEN**
Colored with natural green liquid dye

**Cookie Decorating Video!**
Watch our editor show how to decorate cookies naturally at **eatingwell.com/go/cookies**

## Natural Cookie Icing

• **For white icing or icing tinted with natural dyes:** Stir together 1 cup confectioners' sugar and 1 tablespoon dried egg whites (*see Tip, page 110*) in a small bowl. Stir in 2 tablespoons water, ½ teaspoon light corn syrup, ¼ teaspoon vanilla or almond extract and drops of dye if using.

• **For icing tinted with fruit juice concentrates or green tea powder:** Stir together 1 cup confectioners' sugar and 1 tablespoon dried egg whites in a small bowl. Stir in ½ teaspoon light corn syrup, ¼ teaspoon vanilla or almond extract. For juice-based colors, add 2 to 4 tablespoons thawed juice concentrate to create the desired color. For tea colors, use ⅛ to ½ teaspoon matcha green tea powder dissolved in 1 tablespoon hot water instead of juice concentrate. Stir in tea mixture and enough more water to yield the desired consistency.

➤ Use the icing as is for drizzling or stir in more water to thin for spreading or more sugar to stiffen it for piping. **Makes:** about ½ cup. (*Sources below.*)

## Chocolate Cookie Icing

1. Put 3½ ounces coarsely chopped dark chocolate in a small, deep heatproof bowl. Set a fine sieve by the bowl. Microwave ¼ cup whole milk in a 2-cup glass measuring cup on High just until it begins to boil and foam up the sides, 40 to 60 seconds. Pour half the hot milk through the sieve onto the chocolate and let stand *without stirring* for about 2 minutes to soften the chocolate. Stir vigorously until smooth and the chocolate is mostly melted.
2. Pour the remaining milk through the sieve into the bowl. Add ¼ teaspoon vanilla extract. Stir vigorously until smooth. Sift 3 tablespoons confectioners' sugar onto the mixture and stir in thoroughly.
3. Use as is as a drizzle or let cool until thick enough to be piped or spread. To use as a filling for thumbprints, refrigerate until very stiff. **Makes:** about ½ cup.

**Sources:** Clear (or white) sanding sugar (aka sparkling or coarse sugar): *kingarthurflour.com*, naturally colored sugars and natural dyes: *chocolatecraftkits.com*; matcha green tea powder: *amazon.com* (for best color use "Imperial grade").

**To do "wet on wet" icing (*above*)** Paint one color of icing on baked and cooled cookies. Choose a second color and while the base layer is still wet, pipe dots or lines of icing across the cookie. Drag a toothpick through the icing to make a design.

**To paint icing:** Spread a thin layer of icing over baked and cooled cookies with a small paintbrush or butter knife. Add other decorations (*see Bits & Sprinkles, page 96*) before the icing sets.

**To pipe icing:** Spoon thick icing into a pastry bag with a writing tip or into a small plastic bag with the tiny tip of one corner snipped off. Pipe over baked and cooled cookies.

**To drizzle icing:** Spoon thin icing into a small plastic bag with a tiny tip of one corner snipped off. Drizzle over baked and cooled cookies with a swift motion. Or dip a fork into the icing and quickly wave it over the cookies.

**Tip:** Store iced cookies in a single layer so they don't stick together.

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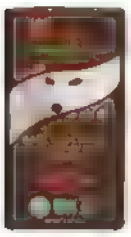

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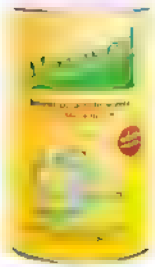

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## Your Ultimate Mashed Potatoes

How you like your mashed potatoes comes down to personal preference. Maybe you like them chunky: unpeeled and mashed by hand. Or you're a connoisseur of silky-smooth whipped potatoes. And perhaps you're looking for a way to jazz up this holiday must-have with more flavor? Whatever the case, we've got you covered. On the following pages, we'll tell you what potatoes to buy, how to cook them and tips for achieving your desired mashed-potato texture. (And it doesn't involve dousing them in a sea of melted butter and heavy cream.) Then, we'll give you five classic ways to flavor your spuds, like Chive & Buttermilk pictured here, plus we'll share some of our new favorite things to stir into mashers, like roasted garlic, sautéed leeks or a touch of brown butter. Turn the page: your best mashed potatoes await.

*—Hilary Meyer*

# Mashed potatoes, step-by-step

To make great mashed potatoes, follow the steps below, choosing your favorite way to mash in Step 3. Then season the potatoes with one of our Classic or New Favorite flavorings (page 106). **Makes: 8 servings, about ¾ cup each.**

1 To serve about 8 people, start with 3 pounds **Yukon Gold potatoes** (about 12 medium). Peel, if desired, and then cut into 2-inch chunks.

2 Place the potatoes and 1 tablespoon **salt** in a large heavy saucepan; add **cold water** to cover the potatoes by 2 inches; bring to a boil. Reduce heat to a simmer, cover and cook until the potatoes are very tender, 10 to 15 minutes. Drain well.

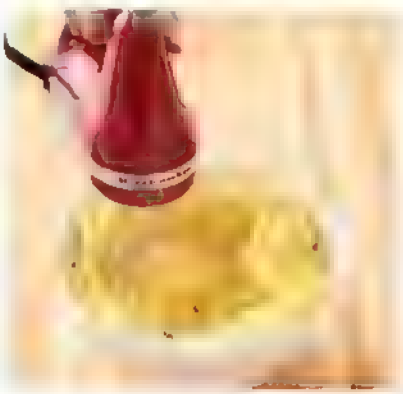
3 Transfer the potatoes to a large bowl and mash with a potato masher, ricer or electric mixer. What tool should you use to mash? See below.

4 Stir a **Classic Flavoring** combo into the hot potatoes or add 1 cup warm **buttermilk or low-fat milk** and stir in a **New Favorite** flavoring just until combined. Season with **black or white pepper** to taste.

**RUSTIC** This is the method to use if you leave the peel on your potatoes. Mash with a potato masher until they're as lumpy (or smooth) as you like. No masher? No problem. Use a large fork with sturdy prongs and mash the potatoes against the side of the bowl.

**SMOOTH** Want 100% lump-free mashed potatoes? Use a ricer. A ricer pushes the potato through a grid, making small crumbles that resemble rice. They practically melt together as you stir in flavorings, resulting in a velvety-smooth texture.

**WHIPPED** Light and airy mashed potatoes result from using an electric mixer. The mixer breaks up potatoes and whips air into them at the same time. Don't go overboard—the mechanical "masher" can make potatoes gummy; stop whipping as soon as they're smooth.



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# Classic Flavorings

After you mash your potatoes (page 104), stir in any of these super easy, traditional mashed potato flavorings.

| | | | | |
|---|---|---|---|---|
| Rosemary Mashed Potatoes | 2 tablespoons extra-virgin olive oil | 1 tablespoon chopped fresh rosemary | 1-1¼ cups "no-chicken" broth or reduced-sodium chicken broth, warmed | |
| Horseradish, Parsley & Sour Cream Mashed Potatoes | 3 tablespoons horseradish | ½ cup chopped fresh parsley | 1 cup reduced-fat sour cream | |
| Chive & Buttermilk Mashed Potatoes | 1 cup buttermilk, warmed | ¼ cup snipped fresh chives | | |
| Black Pepper & Blue Cheese Mashed Potatoes | ¾ cup crumbled blue cheese | 2 teaspoons freshly ground black pepper | 1 cup low-fat milk, warmed | |
| Cheddar, Scallion & Bacon Mashed Potatoes | ½ cup shredded sharp Cheddar cheese | 2 scallions, sliced | 3 slices cooked bacon, crumbled | 1 cup low-fat milk, warmed |

# New Favorites

Want something different in your mashed potatoes? Stir in any of these extra-special flavorings along with 1 cup warm buttermilk or low-fat milk

**ROASTED MUSHROOMS**

Toss 5 cups chopped **mixed mushrooms** and 3 tablespoons chopped **shallots** with ¼ cup **extra-virgin olive oil**, ¼ teaspoon **salt** and **pepper.** Spread on a baking sheet. Roast at 425°F until brown, 20 to 30 minutes. Remove from oven; stir in 2 tablespoons **dry sherry.**

**SAUTÉED LEEKS**

Heat 2 tablespoons **butter** in a large skillet over medium heat. Add 4 cups thinly sliced **leeks** (whites and greens from about 2 large leeks). Cook, stirring, until soft and beginning to brown, 4 to 8 minutes.

**OLIVE OIL & HERBS**

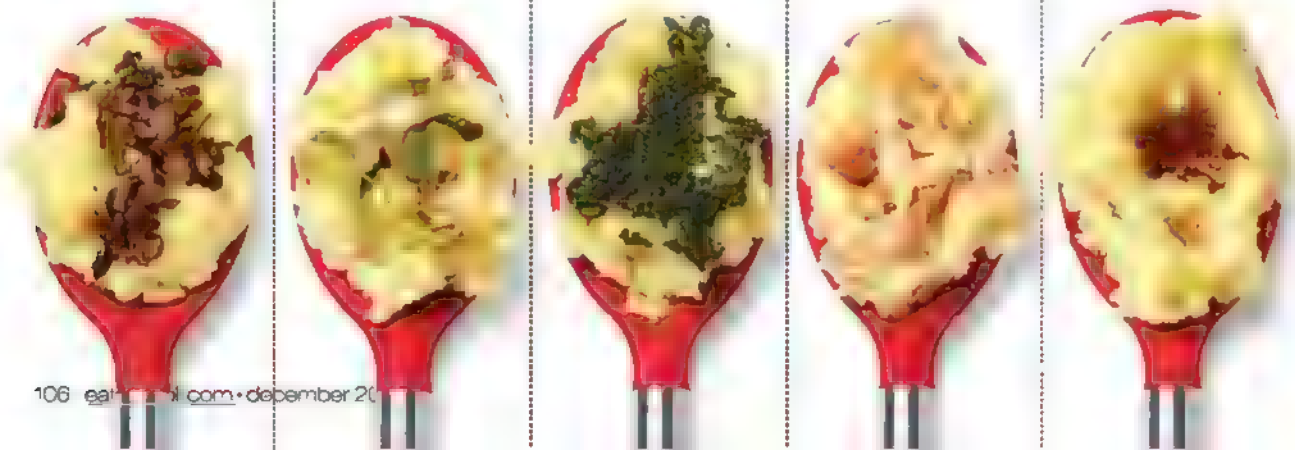
Crush 1 tablespoon each chopped **fresh sage, thyme** and **rosemary,** ¼ cup chopped **fresh parsley,** 1 clove minced **garlic** and a pinch each **salt** and **pepper** in a mortar and pestle until a paste forms. Stir in ¼ cup **extra-virgin olive oil.**

**ROASTED GARLIC**

Slice the tips off 2 **garlic heads,** exposing the cloves, and place in a small baking dish. Drizzle with 2 tablespoons **extra-virgin olive oil.** Roast at 400°F until the garlic feels soft, 20 to 40 minutes, depending on size. Gently squeeze garlic cloves from the skins into potatoes.

**BROWN BUTTER**

Melt 3 tablespoons **butter** in a small saucepan over medium heat. Continue heating until it starts bubbling, stir and cook, watching carefully so it doesn't burn, until it turns golden brown, 2 to 4 minutes.



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## Soba Noodles with Honey Ginger Peanut Sauce

**1 (8-ounce) package** soba noodles
**2 cups** lightly steamed bite-sized broccoli florets
**1 small** red bell pepper, thinly sliced
**1/2 cup** thinly sliced scallions
**1/2 cup** chopped peanuts, divided
**1/4 cup** chopped cilantro
**1/3 cup** soy sauce
**1 tsp** sesame oil
**3 Tbsp** Carlson The Very Finest Fish Oil Lemon Flavor
**2 Tbsp** peanut butter
**1 Tbsp** grated ginger
**2 Tbsp** rice wine vinegar
**2 Tbsp** honey
**2 cloves** garlic, minced
**1-2 tsp** red pepper flakes (or to taste)
Cilantro sprigs, for garnish

Prepare noodles as directed on package. Drain well, and place in a large bowl. Add broccoli, bell pepper, scallions, half the peanuts, and the chopped cilantro.

In a small bowl, whisk together the soy sauce, sesame oil, fish oil, peanut butter, ginger, vinegar, honey, garlic, and red pepper flakes. Add to noodle mixture and toss thoroughly to coat. Garnish with remaining chopped peanuts and cilantro sprigs. Tastes great served warm or cold.

Serves 4.

**Please note:** You cannot cook with fish oils because heat will damage the fragile oils. Fish oil can be added after cooking when the food has cooled.

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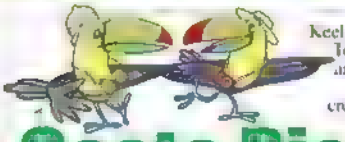

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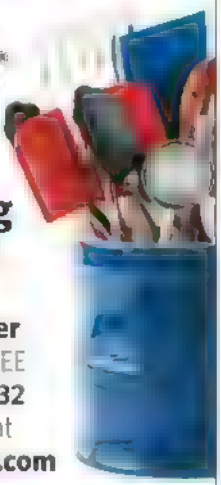

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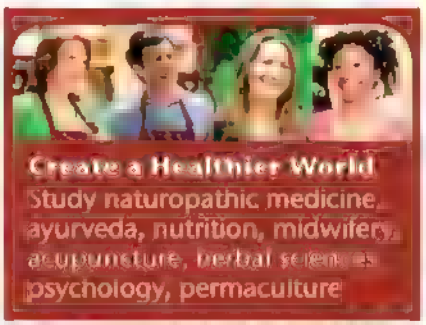
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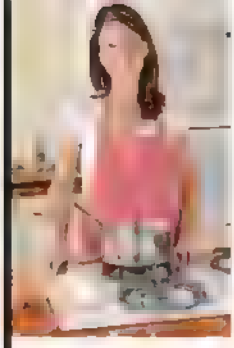

## ask stacy test kitchen

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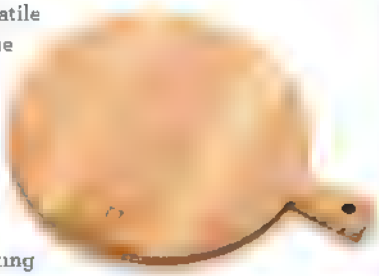

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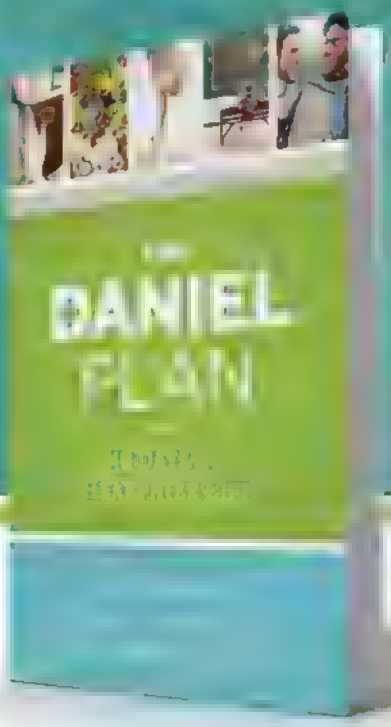


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## test kitchen tips & notes

**Toast and skin whole hazelnuts** (*pages 76, 92*): Spread on a baking sheet and bake at 350°F, stirring occasionally, until fragrant and lightly browned, 7 to 9 minutes. After toasting, let hazelnuts cool for a few minutes, then rub together in a clean kitchen towel to release most of the papery skins.

**Be sure to use a nonreactive pan** (*pages 81, 84, 85*), baking dish or bowl—stainless-steel, enamel-coated or glass—when cooking with acidic food (citrus, cranberries, tomatoes) to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart off colors and/or flavors.

**Apple pie spice** is a premixed spice blend used to season apple desserts, such as pie, cobbler or Phyllo-Wrapped Apple Dumplings (*page 63*). Look for it in most large supermarkets. If you have a well-stocked spice cabinet, make your own blend: Combine 2 tablespoons ground cinnamon, 1½ teaspoons ground allspice and 1 teaspoon each ground nutmeg and ground ginger. Store airtight for up to 6 months.

**To make Salted Caramel Chocolate Bark** (*page 50*), microwave 6 caramel squares with ½ teaspoon water in a small bowl on High until completely melted, 30 to 60 seconds. Stir into the melted chocolate and spread on a foil-lined baking sheet. Melt the remaining 6 caramels with ½ teaspoon water and immediately drizzle over the chocolate. Sprinkle the bark with flaky sea salt.

**Make your own graham cracker crumbs** (*page 85*): Pulse graham crackers in a food processor or place in a sealable plastic bag and crush with a rolling pin. You'll need 6 to 7 graham crackers to make 1 cup of crumbs.

**Use pasteurized dried egg whites** (*page 98*) when making icings (or meringues) that call for uncooked egg whites. Find them in the baking or natural-foods section of most supermarkets. Use according to the recipe or reconstitute according to directions.

**Garam masala** is a flavorful blend of spices used in Indian cooking. Look for it in the spice section of most supermarkets—and try it in our Vegetarian Tikka Masala (*page 34*).

**Marsala** (*pages 48, 73*), a fortified wine from Sicily, is used to add savory, rich flavor to pan sauces and gravies. Skip "cooking Marsala"—it's high in sodium and adds a lot of salt without a lot of flavor. Instead, purchase Marsala that's sold with other fortified wines in your wine or liquor store.

**Look for pomegranate molasses** (*page 66*) near the vinegars in well-stocked supermarkets or Middle Eastern markets. To make your own: Simmer 4 cups pomegranate juice, uncovered, in a medium nonreactive saucepan over medium heat until thick enough to coat the back of a spoon, 45 to 50 minutes. Makes about ½ cup. Refrigerate in an airtight container for up to 3 months.

**Try using white whole-wheat flour** (*pages 75, 84, 88, 92*) in place of at least half the all-purpose flour in most recipes for baked goods. It's made from a special variety of white wheat that is lighter in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online at *bobsredmill.com* or *kingarthurflour.com*. Store it in the freezer.

**Find celery root** (or celeriac; *page 56*), a celery-flavored root vegetable with a texture similar to potatoes when cooked, in the refrigerated produce section near other root vegetables. To peel it, trim off the root and stem end, then remove the thick skin with a knife or use a vegetable peeler and peel around the root several times to remove the fibrous skin.

**For your holiday turkey,** we recommend using a natural, organic or heritage turkey (*page 56*), because it will not contain any sodium solution that is added to most conventional turkeys and will have a better taste and texture. If you can only find a conventional turkey, you can still use a recipe that calls for a natural turkey, just skip any brining instructions. The added brine would make the turkey—and gravy—too salty.

KEN BURRIS (THIS PAGE & OPPOSITE, BOTTOM)


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# My Julia Child Moment

BY JOYCE MAYNARD

The year was 1983, and I had just turned 30—my daughter 5 years old; her brother not yet 2. My husband and I were broke, our car was dying and we were having trouble in our marriage. Stretched to my limits on even a normal day, I had decided to throw a Christmas party for 50 friends.

As a person may do, when she's young, I wanted to impress them with some very grown-up-seeming dish. So I took a cookbook down off the shelf that I'd never actually used before: one by Julia Child on the subject of entertaining.

I've always loved cookbooks that feature photographs. As I pored over the photographs in my Julia Child book, I was keeping my eye out for something that would look impressive on our holiday table. (Once, for my mother's birthday, I'd made a salmon *en croûte*—the fish encased in homemade croissant dough, in the shape of a woman meant to resemble my mother.) The one that caught my eye: Chicken Melon. Although it didn't contain any fruit, it was named this because it was made out of a chicken, but shaped like a melon.

The idea was to remove the skin from a very large chicken, or possibly a capon, keeping the skin intact as much as possible, in a single piece or just a couple of them. Once the chicken was parted from the skin, you took the bones out and tossed the meat into a food processor. Then you added various ingredients, including heavy cream, cognac and pistachio nuts. You whirled all this together until it formed a puree. Meanwhile, you lifted up your chicken skin, much as a tailor might who was tackling the project of sewing a wedding dress. Something spectacular and difficult, in other words. Only in this case, what you had to create, with needle and thread, was a casing for the chicken puree mixture that would conform to the shape of a sphere. Into which you'd spoon your chicken, cognac, cream and pistachio puree. Stitch shut. Then bake (basting regularly).

The hardest part was separating the skin from the chicken. You did this by lifting the entire chicken to your lips (the end where the egg comes out), creating a vacuum not unlike the embouchure of a great jazz trumpeter, and *blowing*. Blow hard enough, was Julia's theory, and the skin parted company from the meat. (Back in 1983, people didn't talk much about *Salmonella*. Or at least, I didn't.)

I had created other foods for this event. Little cheese tarts. Bacon-wrapped grapes. Carrots and celery sticks, arranged in the pattern of a mandala around a bowl of hummus. But that Chicken Melon was the *pièce de résistance*.

Three hours before the guests arrived seemed like ample time for one Chicken Melon. And maybe if I'd been Dizzy Gillespie, it would have been. But hard as I blew, that chicken skin stayed put. If you'd walked in my kitchen one hour before our guests were due, you would have been met by the sight of an exhausted and sweat-drenched woman with a crazed look in her eye, holding aloft the nine-pound body of a capon and performing a rite that, if you didn't know better, might have resembled the world's most enduring French kiss.

Eventually, I got that skin off the bird, though not in one piece as Julia described. Instead, I was left with six or seven, which I patched together. I tossed that baby in the oven. Threw on my holiday sweater, with the Santa and the bells on the front. I was still zipping up my pants when the first guests knocked at the door. Soon the house filled with people. Then the great moment came: to serve the Chicken Melon. Our guests looked interested, if vaguely baffled.

"Good meatloaf here," said one of the men as he bit into his piece, which—once sliced—did in fact bear a strong resemblance to meatloaf, if meatloaf contained pistachios.

"The flavor's familiar," he added. "I just can't place it."

"It's chicken," I said, mumbling something about Julia Child.

It took five hours to make. And 10 minutes for my guests to consume. The big hit was the hummus.

I never made another Chicken Melon. Or attempted to serve up a chicken in any form that did not resemble... a chicken. And here's what I know, 30 years later. As good-looking as a dish may ultimately be, if it leaves the cook looking haggard and exhausted I'll pass. I'm a good cook, but a casual one, these days. I'd rather be at the table with my friends, enjoying the meal and the conversation, than in the kitchen with a chicken to my lips.

**JOYCE MAYNARD** *is the author of the new novel* After Her. *The movie adaptation of her novel* Labor Day *(featuring the sexiest pie-making scene ever, with Josh Brolin making pie crust per Maynard's instructions) comes out this December.*

CATHY GENDRON



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